

**“I Just Want to Live”: An Interpretative Phenomenological Analysis of Separation
Abuse in South African Heterosexual Relationships**

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Samantha-Sue Johnson

G15J0898

supervised by Duane D. Booyesen

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ORCID Number: <https://orcid.org/0000-0002-4252-9995>

Abstract

A key strategy for ending IPV, would be to make it possible for potential victims to safely leave their abusers. However, the abuse may persist, often with devastating consequences. The current literature on separation abuse primarily makes use of quantitative research to explain the phenomenon as is visible in the large amounts of quantitative research that was cited throughout this research project. Therefore, the aim of this research was to qualitatively explore the lived experiences of South African women who had experienced separation abuse. The Power and Control Wheel, located within Feminist Theory, was used as the theoretical framework as it offers an illustrative understanding of the types of abuse that exists within a relationship and was adjusted to suit post-separation abuse. The research was conducted in Makhanda (formerly known as Grahamstown), Eastern Cape with the assistance of the local Families South Africa (FAMSA) office.

Four participants were interviewed using an Interpretative Phenomenological Analysis (IPA) approach. IPA was chosen as it involves a detailed exploration of how participants make sense of their personal and social worlds as well as determining the meanings that participants relate to their personal experiences and events in their lives. Data was collected through semi-structured interviews which were conducted by the researcher with the assistance of a translator for the participants who preferred to speak Isi-Xhosa. Each participant initially participated in a screening interview conducted by a FAMSA staff member before being interviewed to minimize harm that could be caused through speaking about their experience before they were ready. The interviews were analysed through the use of IPA techniques where themes were extracted from the data.

Five superordinate themes emerged from the analysis, namely “types of abuse experienced post-separation”, “children and abusive relationships”, “drinking and substance

abuse”, “protection order” and “hope for the future”. The findings revealed the ways in which the abusers continued their abuse during the separation period, the participant’s experiences of separation abuse as well as the experiences they believed their children had throughout the process. Two of the participant’s also revealed they feared for their lives, which resulted in them applying for protection orders. Despite the years of abuse suffered at the hands of their ex-partners, all four participants remained hopeful that they could become independent enough to provide for their children and themselves.

While there have been South African studies which look at stalking victimization, the IPV female mortality rate and power and powerlessness experienced by women leaving abusive relationships, there is currently no published study in South Africa that explicitly focuses on separation abuse in heterosexual relationships in South Africa. Therefore, it was beneficial to conduct this research as the need exists to conduct research that not only focuses on the homicide rates of females at the hands of their partners but also the types of separation abuse that exists.

Declaration

I, Samantha-Sue Johnson (student number: G15J0898), hereby certify that this thesis is my original work and that it has not been submitted for examination at any other university. All ideas and words of other authors used in this thesis has been acknowledged according to the university regulations and have been referenced using APA 6th edition.

Signed:

A handwritten signature in black ink, appearing to be 'S. Johnson', with a long horizontal line extending to the right.

Date: 11 February 2020

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Firstly, thank you Lord for providing me with the opportunity to have completed this degree, I could not have done it on my own.

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Table of Contents

Abstract	i
Declaration	iii
Acknowledgements	iv
Table of Contents	v
List of Figures	x
List of Tables	xi
Abbreviations	xii
Definitions	xiii
List of Appendices	xv
Chapter 1: Introduction	1
1.1. Background	1
1.2. Effects of IPV.....	2
1.3. The Focus of IPV Research.....	2
1.4. Separation Abuse	3
1.5. Problem Statement and Rationale	4
1.5.1. Research aims	4
1.5.2. Significance of the study	5
1.6. Overview of the Chapters.....	5
Chapter 2: Theoretical Framework	7
2.1. Introduction	7
2.2. Understanding IPV Using a Theoretical Lens.....	7
2.3. Attachment Theory.....	8
2.3.1. Internal working model	10
2.3.2. Attachment styles in adulthood	10
2.3.3. IPV and attachment	11
2.4. Limitations to Attachment Theory	12
2.5. Evolutionary Psychology	13
2.6. Feminist Theory	15
2.6.1. Patriarchy.....	15
2.6.2. Duluth model.....	16
2.6.2.1. Escalated intimidation.....	17
2.6.2.2. Use of children and other loved ones.....	17
2.6.2.3. Use of legal and economic abuse.....	18

2.6.2.4.Coercion, threats and explosive violence.....	18
2.7. Critiques and Limitations of Chosen Theoretical Framework.....	18
2.8. Rationale for Chosen Theoretical Framework.....	22
2.9. Chapter Summary	23
Chapter 3: Literature Review	24
3.1. Introduction	24
3.2. Definitions.....	25
3.2.1. Defining IPV.....	25
3.2.2. Defining separation and separation abuse	26
3.3. Separation Abuse within a Global Context.....	27
3.3.1. Indirect methods of abuse.....	27
3.3.2. Types of separation abuse	31
3.3.3. Using children as a means of control.....	36
3.3.4. Separation abuse from the perspective of male perpetrators.....	37
3.4. Separation Abuse and the South African Media	41
3.5. Separation Abuse within a South African Context	44
3.6. Chapter Summary.....	50
Chapter 4: Methodology.....	52
4.1.Introduction	52
4.2.Qualitative Research Methodology.....	52
4.2.1. Problem statement	53
4.3.Interpretative Phenomenological Analysis.....	54
4.3.1. Theoretical foundations of IPA	56
4.3.1.1.Phenomenology.....	56
4.3.1.2.Hermeneutics	57
4.3.1.3.Idiography.....	58
4.4.Sampling.....	59
4.4.1. Purposive sampling.....	60
4.4.2. Recruitment strategy.....	61
4.5.Data Collection.....	62
4.6.Data Analysis	63
4.6.1. Step 1: Reading and re-reading	63
4.6.2. Step 2: Initial noting	64
4.6.3. Step 3: Developing emergent themes	64

4.6.4. Step 4: Searching for connections across emergent themes	65
4.6.5. Step 5: Moving to the next case.....	65
4.6.6. Step 6: Looking for patterns across cases.....	65
4.7.Trustworthiness and Sensitivity	67
4.7.1. Credibility.....	67
4.7.2. Transferability	67
4.7.3. Dependability.....	68
4.7.4. Confirmability	68
4.7.5. Contextual Sensitivity.....	68
4.8.Transparency	69
4.9.Ethical Considerations.....	70
4.9.1. Minimizing harm	70
4.9.2. Informed consent	71
4.9.3. Confidentiality	71
4.9.4. Researcher's ethical obligation.....	72
4.10.Chapter Summary	72
Chapter 5: Findings and Discussion.....	73
5.1.Introduction	73
5.2.Participant Profiles	73
5.2.1. Amanda.....	74
5.2.2. Blossom	74
5.2.3. Lianka	74
5.2.4. Nobuhle	75
5.3.Superordinate Theme 1: Types of Abuse Experienced Post Separation	77
5.3.1. Fearing for her life.....	77
5.3.2. Threatening and intimidating behaviour.....	78
5.3.3. Using the children to get to her or to hurt her	79
5.3.4. Economic abuse.....	80
5.3.5. Humiliation.....	82
5.4.Superordinate Theme 2: Children and Abusive Relationships	83
5.4.1. Changes in the children	83
5.4.2. The effects of witnessing abuse as a child.....	85
5.5.Superordinate Theme 3: Drinking and Substance Abuse.....	85
5.5.1. Drinking habits and substance abuse affecting the family	86

5.6.Superordinate Theme 4: Protection Order	88
5.6.1. Process of obtaining a protection order	88
5.6.2. Implementing and sticking with a protection order when children are involved	89
5.6.3. Deciding to apply for a protection order	89
5.6.4. Challenges faced when applying for a protection order	90
5.7.Superordinate Theme 5: Hope for the Future	91
5.7.1. Nobuhle	92
5.7.2. Lianka	92
5.7.3. Blossom	93
5.7.4. Amanda.....	93
5.8.Discussion	94
5.8.1. Types of abuse experienced post separation.....	94
5.8.2. Children and abusive relationships.....	99
5.8.3. Drinking and substance abuse	101
5.8.4. Protection order	103
5.8.5. Hope for the future	107
5.9.Reflexivity	109
5.10.Chapter Summary	111
Chapter 6: Conclusion	112
6.1.Introduction	112
6.2.Rationale for the Research	110
6.3.Integrative Summary of the Findings.....	112
6.4.Overview of the Research Process	114
6.5. Limitations, Strengths and Recommendations for Future Research.....	115
References	118
Appendices	133
Appendix A- Pence and Paymar’s Power and Control Wheel	133
Appendix B- Screening Interview.....	134
Appendix C- Institutional Informed Consent.....	136
Appendix D- FAMSA Agreement	137
Appendix E- Interview Schedule	139
Appendix F- Audio Permission Form	141
Appendix G- Ethical Clearance Letter	143
Appendix H- Consent Form (Before).....	145

Appendix I- Consent Form (After).....	146
Appendix J.1- Translator Confidentiality Agreement (Zizipho Ludidi)	147
Appendix J.2- Translator Confidentiality Agreement (Zukiswa Gubevu).....	148
Appendix K- Transcriber Confidentiality Agreement (Andiswe Barnabas).....	149
Appendix L- Interview Transcript Example	150
Appendix M- Master Table of Superordinate Themes.....	177

List of figures

Figure 2.1 Sev'er's Adaption of the Power and Control Wheel 17

List of Tables

Table 3.1 Types of Abuse Experienced	48
Table 4.1 Example of the Emergent Themes	64
Table 4.2 Example of the Master Table of Superordinate Themes	65
Table 5.1 Table of Superordinate and Subordinate Themes	75

Abbreviations

DFV	Domestic and Family Violence
EC	Eastern Cape
ET	Evolutionary Theory
FAMSA	Families South Africa
IPA	Interpretative Phenomenological Analysis
IPH	Intimate Partner Homicide
IPV	Intimate Partner Violence
MP	Mpumalanga
RUESC	Rhodes University Ethical Standards Committee
NP	The Northern Province
PCW	The Power and Control Wheel
USA	United States of America
WHO	World Health Organisation

Definitions

All definitions listed below are defined according to the Domestic Violence Act [No. 116 of 1998] of South Africa, except for “separation abuse” and “intimate partner violence”, the definitions of which will be discussed in chapter 3 of this dissertation.

Domestic Violence. Includes physical abuse, sexual abuse, emotional or verbal or psychological abuse, economic abuse, intimidation, harassment, stalking, damage to property, entry into a person’s home without permission, or any other behaviour that may be deemed controlling and which may cause imminent harm to the safety, health or wellbeing of an individual.

Economic Abuse. Withholding economic or financial support to which an individual is legally entitled or that which the individual requires out of necessity.

Emotional Abuse. A pattern of humiliating behaviour towards an individual which includes frequent insults, name calling, threats to cause emotional harm, or the display of possessiveness or jealousy which constitutes the invasion of an individual’s privacy, liberty or security.

Harassment. Engaging in behaviour that induces fear of harm towards an individual which includes frequent watching, loitering near their place of work or residence, or repeatedly making telephonic calls towards an individual.

Intimate Partner Violence. Behaviour which causes physical, sexual or psychological harm towards a female partner, within a heterosexual relationship, with the perpetrator being either a current or former husband or boyfriend. IPV can also include sexually, physically or psychologically coercive behaviour (Butchart, Garcia-Moreno &

Mikton, 2010; Jewkes, 2002 & Toro-Alfonso & Rodriguez-Madera, 2004 & WHO, 1997; as cited by Ali & Naylor, 2013).

Intimidation. To communicate a threat or cause an individual to receive a threat which causes fear.

Physical Abuse. Any act or threatened act of physical violence towards an individual.

Separation Abuse. Abuse perpetrated by a male ex-partner against a woman to prevent her from leaving, retaliate for the separation, or to force her to return...it is an attempt to gain, retain or regain power in a relationship or to punish the woman for ending the relationship. It often takes place over time (Mahoney, 1991)

Sexual Abuse. Any behaviour that abuses, humiliates or degrades the sexual integrity of another individual.

Stalking. Frequently following or accosting an individual.

List of Appendices

Appendix A- Pence and Paymar's (1993) Power and Control Wheel

Appendix B- Screening Interview

Appendix C- Institutional Informed Consent (FAMSA)

Appendix D- FAMSA Agreement

Appendix E- Interview Schedule

Appendix F- Audio Permission Form

Appendix G- Ethical Clearance Letter

Appendix H- Consent Form (Before)

Appendix I- Consent Form (After)

Appendix J- Translator Confidentiality Agreement

Appendix K- Transcriber Confidentiality Agreement

Appendix L- Interview Transcript Example

Appendix M- Master Table of Superordinate Themes

CHAPTER ONE: INTRODUCTION

1.1. Background

Intimate partner violence (IPV) happens in all societies and across all spheres of sex, race, religion and culture (Garcia-Moreno, Guedes & Knerr, 2012). It is important to note that IPV not only affects women, and it may be present in same-sex relationships as well as be perpetrated by women against men (Ali & Naylor, 2013). However, the research that was conducted specifically focused on IPV against women as it is the most commonly occurring form of IPV (DeKeseredy & Hinch, 1991; Dobash & Dobash, 1979, Lupri, Grandin & Brinkerhoff, 1994; as cited by Sev'er, 1997).

The *World Health Organisation multi-country study on women's health and domestic violence against women*, collected data from 24 000 women across 10 countries to determine the prevalence of IPV against women. The study found that among the women who had ever been in a relationship, between 13 and 26% of women reported experiencing physical violence by a partner while 4-49% of women reported experiencing severe physical violence by a male partner (Garcia-Moreno, Guedes & Knerr, 2012).

In South Africa, IPV is a constant concern for many South Africans as one in five women (21%) that have ever been in a heterosexual relationship, have experienced physical violence by their male partners (South African Demographic and Health Survey, 2016). Interestingly, a study conducted on 4351 South African adults revealed that while South African women were most at risk of being victims of physical assault by an intimate partner, South African men were most at risk of being victims of criminal violence (Kaminer, Grimsrud, Myer, Stein & Williams, 2008). While the research cited above focuses on physical violence within intimate relationships, IPV is not only limited to physical violence but includes emotional, physical, psychological and sexual abuse (Hattery, 2009).

1.2. The Effects of IPV

IPV can also have various negative health consequences both physically and mentally. In terms of mental health, women who are survivors of IPV are at risk of suffering from depression, post-traumatic stress disorder (PTSD), substance use disorders and low self-esteem (Karakurt, Smith & Whiting, 2014). In terms of physical effects, Harrykisson, Rickert & Wiemann (2002) estimate that half of women who experience IPV are physically abused (as cited by Wong & Mellor, 2014).

Short-term effects of physical abuse can include bone fractures and breaks, lacerations and contusions while long-term effects of IPV can include traumatic brain injury, memory loss, seizures, gynaecological disorders, irritable bowel syndrome, gastrointestinal disorders, sexually-transmitted diseases, chronic pain and arthritis (Campbell, 2002; Campbell et al., 2002; Coker, Davis et al., 2002; Ellsberg et al., 2008; Plichta, 2004; Vos et al, 2006; as cited by Wong & Mellor, 2014). One of the most severe and permanent effects of IPV is death which, in South Africa, makes up 56% of female homicides (Abrahams, Mathews, Jewkes, Martin & Lombard, 2012).

1.3. The Focus of IPV Research

However, despite the copious amounts of research that exist on the negative effects of IPV, it remains a global issue with a global lifetime prevalence of IPV among ever-partnered women at 30%, while the lifetime prevalence for women on the African continent is currently 36,6% (Garcia-Moreno & Pallito, 2013). The focus of IPV research up to this point has focused on the physical and psychological effects of IPV, the global and local prevalence of IPV, intervention programs for perpetrators, types of IPV, and IPV within different age groups, ethnicities, socio-economic statuses and between same-sex and heterosexual relationships.

Although IPV within a relationship has received significant attention in international and local research, less attention has been paid to researching and understanding abuse that exists once the victim has left the relationship which, in some instances, can become lethal (Bean, 1992; Block & Christakos, 1995; Crawford & Gartner, 1992; Johnson & Chisolm, 1990; Okun, 1986; Wilson & Daly, 1992; as cited by Sev'er, 1997; Fleury, Sullivan & Bybee, 2000).

While Pence and Paymar (1993) created the Power and Control Wheel to illustrate the types of abuse that exist within a relationship, Sev'er (1997) adapted it to illustrate the types of abuse that exist when partners separate. Four of the eight tactics described by Pence and Paymar (1993) were used by Sev'er (1997) which included escalated intimidation, the use of children and loved ones, the use of economic and legal abuse and coercion, threats and explosive violence (Sev'er, 1997).

1.4. Separation Abuse

The South Africa Demographic and Health Survey Key Indicator Report (2016), with a sample size of 10 050 for this section, revealed that the rate for women who have ever experienced physical violence was higher for divorced and separated women (39,7%) than married women (14,4%) and co-habitors (31,1%).

The current literature on separation abuse primarily makes use of quantitative research to explain the phenomenon as is visible in the large amounts of quantitative research that is and will be cited throughout this thesis (Hayes, 2017; Toews, McKenry & Catlett, 2003; Fleury, Sullivan & Bybee, 2000; Abrahams, Martin, Mathews, Vetten & Lombard, 2009; Ornstein & Rickne, 2013).

The international research that currently exists on separation abuse primarily focuses on the types of separation abuse which includes, among others, the use of children, relationships between mothers and children during the separation process, indirect methods of control and the power and control tactics experienced by women during the separation process (Hayes, 2012; Hayes, 2015, Toews, McKenry & Catlett, 2003; Lapierre, Côte, Lambert, Buetti, Lavergne, Damant & Couturier, 2017).

1.5. Problem Statement and Rationale

In a South African context, there is currently no published research that explicitly looks at the types of separation abuse and more specifically the lived experiences of female survivors of separation abuse. In saying this, it should be noted that there are published South African studies which look at stalking victimization, the IPV female mortality rate and power and powerlessness experienced by women leaving abusive relationships (Peltzer & Pengpid, 2014; Abrahams, Mathews, Martin, Lombard & Jewkes, 2013; Abrahams, Jewkes, Martin, Mathews, Vetten & Lombard, 2009; van Schalkwyk, Boonzaier & Gobodo-Madikizela, 2013). While these are all valuable studies which offer some insight into the types of abuse that exist within relationships and during separation, there remains a need to understand exactly what separation abuse is and how it is experienced by South African women.

1.5.1. Research aims. Based on the abovementioned information, there is a need for more research to be conducted focusing on the lived experiences of separation abuse within a South African context. Thus, this research qualitatively explored the abuse that exists outside a heterosexual relationship to gain a better understanding of both the types and experiences of separation abuse that exist in South Africa.

There were two primary aims for this research, to explore the lived experiences of female survivors of and to determine separation abuse the types of separation abuse they had experienced. The research was guided by the following research questions:

1. How is abuse experienced after the relationship has ended?
2. What are the lived experiences of female survivors of separation abuse?

1.5.2. Significance of the study. Based on the literature, it is evident that women are more at risk of IPV related injuries and homicides (Kaminer et al., 2008). Thus, this research will contribute to the understanding of separation abuse and its manifestation within heterosexual relationships in South Africa. This research will highlight the importance of separation abuse in the context of IPV as another dimension of IPV that should not be overlooked. Furthermore, it will also create an opportunity for further research to be conducted on women who have left abusive relationships so as to better understand the level of separation abuse within South Africa.

1.6. Overview of chapters

In chapter 2, the theoretical frameworks which underpin the research will be explored. Various theories will be discussed in depth to highlight the complexities of defining and understanding IPV. The theories that will be discussed include attachment theory, sexual proprietarieness theory within evolutionary psychology, and feminist theory with subcategories including patriarchy, the cycle of violence theory and the Duluth Model. Thereafter a rationale will be given for the chosen theoretical framework which will guide the rest of the thesis.

Chapter 3 will provide context of real-life examples of separation abuse in South Africa as well as providing an in-depth discussion on previous literature both locally and

internationally. The chapter will also define important concepts which will be used throughout the thesis as well as discuss gaps in the literature that could benefit from this study being conducted.

Chapter 4 will outline the methodological processes undertaken during the data collection as well as a brief explanation of what Interpretative Phenomenological analysis (IPA) is and why it was used for the analysis. Chapter 5 will discuss the findings of the data collection and the various themes which emerged using an IPA as the method of analysis. Chapter 6 will provide an integrative summary and conclusive remarks, as well as provide strengths and limitations of the current study and suggestions for future research.

CHAPTER TWO: THEORETICAL FRAMEWORK

2.1. Introduction

In this chapter, three theoretical frameworks will be discussed to explain the possible aetiologies and maintaining factors of intimate partner violence with a specific focus on separation abuse. The three theories that will be discussed are attachment theory, sexual proprietarieness theory within evolutionary psychology and sub-theories of feminist theory. Thereafter, a rationale for the chosen framework will be provided as well as an in-depth discussion of the critiques and limitations of the chosen theory.

2.2. Understanding IPV using a Theoretical Lens

Intimate partner violence (IPV) has been addressed using various theoretical frameworks due to the complex nature of the research field. Burelomova, Gulina and Tikhomandritskaya (2018) discuss the complexity of IPV saying that there is “no universally accepted definition, nor a conceptual framework that would encompass the complexity of the phenomenon” (p.128). For example, Evolutionary Theory (ET) posits that IPV manifests due to the need to assure paternity yet competing and alternative theoretical frameworks also offer an understanding of IPV (Barret, Dunbar & Lycett, 2002). To this end, IPV is considered a somewhat controversial issue, thus there are many contesting discussions on what the best approaches are to find a suitable understanding and solution.

While it might be considered beyond the scope of this thesis to discuss all theoretical frameworks, it was deemed necessary to discuss attachment theory and evolutionary perspectives in relation to IPV briefly, while providing an in-depth discussion of feminist theory. Attachment theory was chosen as it offers a discussion of differences in individual expectations, affect regulation and, in adulthood, it describes individual behaviours within

intimate relationships (Gormley, 2005). Within feminist theory; specific attention has been placed on Pence and Paymar's (1993) Power and Control Wheel which was adapted by Sev'er (1997) to conceptualise a separation abuse perspective. This was done because while IPV is an extremely complex concept to understand due to the differentiating beliefs about it, separation abuse is even more complex mostly due to the lack of available information that exists.

Thus, feminist theory, attachment theory and evolutionary psychology were chosen as each theory offers an important perspective on the possible causes and explanations of IPV. However, feminist theory with the aid of the Power and Control Wheel located within the Duluth model, was chosen as the primary theoretical framework for this thesis as it is a model which was adapted specifically to suit a separation abuse context.

2.3. Attachment Theory

Through the observation of infant behaviour, Bowlby (1977) defined attachment as as the inclination of individuals to develop strong affectionate bonds with specific individuals and felt that the primary attachment relationship would form a blueprint for other attachment relationships later in life.

According to attachment theory, humans are instinctively programmed to seek and form attachments with others (Bowlby, 1988). Attachment is thought to have evolutionary roots as it functions to ensure survival by activating critical responses from an infant's caregiver (Lopez, 1995).

According to Bowlby (1973) when separated from a caregiver, the infant goes through three forms of emotional reactions. The first reaction is protest, where the infant cries, actively searches for its caregiver and is unable to be soothed by others. Secondly, the infant

displays a state of despair which includes passivity and sadness. The last emotional reaction is detachment, where the infant actively ignores and avoids the caregiver when she returns (Bowlby, 1973). These emotional reactions have evolved over time to protect infants from possible danger by keeping them in close proximity to their caregivers (Hazan & Shaver, 1987).

The attachment system has also been viewed as that which continuously functions to provide infants with a sense of security which enables the infant to feel secure enough to explore (Ainsworth, Belhar, Waters & Wall, 1978; Sroufe & Waters, 1977; as cited by Bartholomew & Horowitz, 1991). Ainsworth found that a caregiver's sensitivity to the infant's signals and needs are an important requirement during the first year of an infant's life (Hazan & Shaver, 1987). While Bowlby conceptualised that the attachment system is one which will be activated under conditions of duress and fear, Ainsworth expanded on his theory and argued that the attachment system should be viewed as continuously functioning to provide an infant with a secure base from which to explore (Bartholomew, 1990).

Through observations, Ainsworth et al. (1978) created three main types of attachment which correlated with Bowlby's emotional reactions (as cited by Bartholomew & Horowitz, 1991). The three attachment types are secure attachment, anxious-ambivalent attachment and anxious-avoidant attachment. Infants within the anxious-ambivalent category would frequently display behaviour in alignment what Bowlby described as protest while those within the anxious-avoidant category would frequently display behaviour in alignment with what Bowlby described as detachment (Hazan & Shaver, 1987).

Caregivers that are reliable and respond to a child's needs, promote secure attachment and enable the child to establish a sound sense of security (Mikulincer & Shaver, 2008). The child therefore uses proximity to the caregiver as a coping mechanism when experiencing

distress (Mikulincer & Shaver, 2008).

However, when caregivers are unavailable and inconsistent with their responses, the child fails to use proximity as a coping mechanism during states of distress (Mikulincer & Shaver, 2008). The child therefore does not feel a secure attachment with the caregiver and develops either an anxious-avoidant attachment or an anxious-ambivalent attachment (Mikulincer & Shaver, 2008). Anxious-avoidant responses include minimal displays of distress when the caregiver is around, and they avoid her in circumstances that would normally evoke desires of proximity (Dutton, 2001). Anxious-ambivalent responses to separation include immediately seek proximity while at the same time displaying emotions of anger and resisting attempts at being soothed (Dutton, 2001).

2.3.1. Internal working model. The internal working model is concerned with two key features; the infant's view of others and the infant's view of the self (Bartholomew & Horowitz, 1991). Internal working models are mostly focused on relationships with the attachment figure and with individuals which may have an impact on early attachment. However, it can also influence the type of peer relationships which may form in the future (Biringen, 1994).

Within the internal model of the self, exists an internalized set of assumptions about one's competence and ability to be loved while the other model is comprised of beliefs of availability and likelihood of being responded to by the attachment figure (Lopez, 1995). Bowlby (1980) argued that these models mostly operate outside conscious awareness and may therefore be resistant to change (as cited by Biringen, 1994).

2.3.2. Attachment styles in adulthood. Hazan and Shaver (1987), were some of the first researchers to use Bowlby's theory of attachment and locate it within adult romantic relationships. They conducted a study that attempted to test attachment-theory on romantic

love. According to their findings, secure romantic partners are satisfied with relying on their intimate partners for support, described their romantic relationship as happy and are able to accept their partners despite possible flaws they may have (Hazan & Shaver, 1987).

Anxious-avoidant individuals describe themselves as fearful of intimacy as well as experiencing high and low emotions within the relationship and feel that true love does not exist. Lastly, anxious-ambivalent individuals understand love as obsessive, desires of reciprocation, extreme emotions, intense sexual attraction and jealousy and fall in love quickly but seldom find 'real' love (Hazan & Shaver, 1987).

2.3.3. IPV and attachment. Buck, Leenaars, Emmelkemp and van Marle (2012) argue that while a significant proportion of research has found that male abusers are more insecurely attached than non-abusers, the research had not yet looked specifically at how insecure attachment is related to IPV. Thus, the first aim of their study was to determine which personality traits could explain the link between IPV and insecure attachment (Buck et al., 2012). The three main elements they were interested in investigating were trust, separation anxiety and need for control.

Their results revealed that both separation anxiety and a lack of trust in one's partner was directly related to insecure attachment and domestic violence as a result of the characteristics (Buck et al., 2012).

Similarly, Crawford and Gartner (1992) conducted a study on femicides with a sample size of 551 (as cited by Dutton, 2001). Their results revealed that in 45% of cases, the perpetrators anger originated from actual or anticipated estrangement of their female partners while 15% of the femicides committed were committed due to suspicions of infidelity (Dutton, 2001). Therefore, Crawford & Gartner (1992) argue that attachment problems such

as separation anxiety (Buck et al., 2012) may cause an individual to become violent towards their partner (as cited by Dutton, 2001).

While both studies offer insight into understanding how attachment theory can be related to IPV, it should be noted that, upon a reasonably thorough search across various data bases, little research has been produced in the last decade about attachment and IPV. Rather, the bulk of the research was produced two or more decades ago which could possibly indicate a change in research interests and thus, it may be better suited to approach separation abuse from a slightly more current theoretical framework.

2.4. Limitations of Attachment Theory

While attachment theory offers insight into how one might become abusive in intimate relationships, one could argue it is too reductionist to imply that an insecure attachment with a caregiver could result in abusive tendencies in adult intimate relationships. Furthermore, attachment theory does not account for families where more than one child displays an insecure attachment as child and not all siblings become violent as adults (McClellan & Killeen, 2000).

Another limitation of attachment theory is that it does not allow for IPV to be considered in terms of different socioeconomic classes (Park, 2016). It does not explain why IPV is more likely to occur in poverty-stricken communities, specifically when considering the possibility that a woman might still be financially dependent on her ex-partner (Park, 2016). This is especially important to consider in a country like South Africa where a significant portion of the population lives in circumstances of poverty which will have a direct effect on the type of abuse experienced by separation abuse survivors.

2.5. Evolutionary Psychology

Wilson and Daly (1998) created the term *sexual proprietariness* in an attempt to explain male sexual jealousy, entitlement as well as the way in which they use coercion and violence to control women.

As men and women have different reproductive challenges, evolutionary psychology has argued that they have developed different psychological mechanisms to deal with the challenges they face (Johnson, 2012). One of the mechanisms that have been developed by men is sexual proprietariness which has become a response mechanism for reproductive success. According to Johnson (2012) sexual proprietariness becomes activated in situations which may represent a loss of control over the female partner such as suspected or actual infidelity or separation.

Evolutionary psychology focuses on aspects such as; the pressures faced by ancestral groups, the approaches or solutions that have evolved through natural selection as means of adapting to the pressure and the way in which the approaches are manifested in the current social world (Workman & Reader, 2008). Examples of the ancestral problems include identifying social cheaters, increasing paternal certainty and ameliorate mate selection (Campbell, Muncer & Bibel, 2001).

The basic assumption of evolutionary psychology is that individuals aim to maximise their reproductive success so that their genes may be passed on to future generations which could result in conflict when the procreative goals of individuals differ (Barret, Dunbar & Lycett, 2002; Workman & Reader, 2008). Due to the biological differences, males and females have different approaches to ensuring reproductive success. As the female is responsible for carrying and producing the offspring, she is significantly invested in each offspring (Barret, Dunbar & Lycett, 2002).

However, males benefit more from their ability to mate with as many females as possible which means that they place more emphasis on a female's physical appearance whilst females are selective and choose a mate based on his ability to support their offspring. Therefore, when a male chooses to provide support and resources to a single female, he needs to monopolize on her fertility (Barret, Dunbar & Lycett, 2002).

To relate this to IPV, Kaighobadi, Shackelford and Goetz (2009) argue that throughout evolutionary history, men have been confronted with the issue of paternal uncertainty. Female sexual infidelity and a possible cuckoldry due to the infidelity resulted in significant reproductive costs for the male. As a result of the reproductive costs, men may have evolved to become more sensitive and to experience greater agony due to sexual infidelity (Kaighobadi et al., 2009). Males may also have developed mechanisms to motivate the performance of anti-cuckoldry behaviour.

Jealousy motivates behaviours that deter mate-poaching competition and to prevent partner infidelity or to prevent a partner from leaving the relationship altogether (Kaighobadi et al., 2009). While the frequency and intensity of the jealousy does not differ between men and women, they do respond differently to types of partner infidelity. While females are more likely to anguish over emotional infidelity, males are more likely to anguish over sexual infidelity. The difference in jealousy between the sexes could be due to sex-specific adaptive problems humans have faced throughout the evolutionary history (Kaighobadi et al., 2009).

In terms of separation abuse in relation to evolutionary psychology, Nicolaidis et al. (2003) conducted a study on 30 women who had survived an attempted murder by an intimate partner. Most notably they found that in 22 (73%) of the cases, attempting to or threatening to leave their male partner was the reason for the attempted homicide. While this research does not speak about the types of abuse used in separation abuse, female homicide by an intimate

partner is often the final form of abuse within the cycle and is therefore worthwhile mentioning.

While evolutionary psychology offers a valuable explanation to why IPV exists, it only focuses on the evolutionary development of humanity to explain why individuals may use violence to control their partners. It does not consider the possibility that some males may experience sexual infidelity from their female partners but choose not to use violence to control her or to retaliate against her actions and therefore Evolutionary Theory is somewhat deterministic and too fixed. It also does not consider possible socio-economic circumstances which may play a role in the behaviours within a relationship.

2.6. Feminist Theory

Burelomova, Gulina and Tikhomandritskaya (2018) argue that feminist theory attempts to understand IPV through looking at the sociocultural contexts within which the relationships exist. Feminist theory is based on the idea that IPV is due to female oppression within a patriarchal society which situates men as the primary perpetrators of violence and women as their victims (McPhail, Busch, Kulkarni & Rice, 2007). McPhail et al (2007) argue that IPV is a result of historic and current power imbalances that force women into subordination through various forms of abuse including physical, sexual, economic and psychological while using tactics of isolation and intimidation.

The feminist theory model has offered different explanations for IPV, two of which will be discussed below namely patriarchal systems and the Power and Control Wheel located within the Duluth model.

2.6.1. Patriarchy. Feminists view patriarchy as the intrinsic dominance over women by men (Pease, 2000; as cited by Ali & Naylor, 2013). Patriarchy is characterised by a belief

system that condones male dominance and rejects equality in both private and public sectors of life. In the public spheres power is shared equally between men but once in the private spheres, power is owned by the most superior man in a family setting, often a husband or father, who makes all the important decisions on behalf of the family (Haj-Yahia & Schiff, 2007; as cited by Ali & Naylor, 2013). Therefore, from a patriarchal view, IPV is an effective way of maintaining control and demonstrating male dominance. Those who favour patriarchy often see domestic abuse as beneficial and believe that if a woman is beaten by her husband, she has brought it upon herself (Ali & Naylor, 2013).

Feminists believe that male entitlement is learned through socialisation and just as it has been learnt, it can be unlearned (McPhail et al., 2007). Feminists therefore demand public solutions to the seemingly private issue of IPV through the establishment of programs and services for women who are victims of domestic abuse as well as for treatment for their male counterparts who abuse them (McPhail et al., 2007). They also demand better justice systems to hold men accountable for their abusive behaviours (McPhail et al., 2007).

2.6.2. Duluth model. The Duluth model is entrenched in feminist theory which states that IPV is used by abusive men as a means of maintaining control over their female partners. The Power and Control Wheel is a tool used within the Duluth model to illustrate the primary abusive behaviours women experience through living with abusive men (Pence & Paymar, 1993). It also highlights an important point which is that violence is part of a pattern of behaviours rather than simply confined episodes of abuse or cyclical explosions of built-up anger and frustrations (Pence & Paymar, 1993).

The wheel is made up of eight tactics that abusive men use to control their partners. The eight tactics are intimidation; emotional abuse; isolation; minimizing, denying and blaming; the use of children; economic abuse; and lastly coercion and threats (Pence &

Paymer, 1993).

While all eight tactics are suited to violence within a relationship, Sev'er (1997) adjusted it to suit a separation context. She argued that the four most applicable (to separation abuse) forms of abuse are escalated intimidation, use of children and other loved ones, use of legal and economic abuse and coercion, threats and explosive violence.

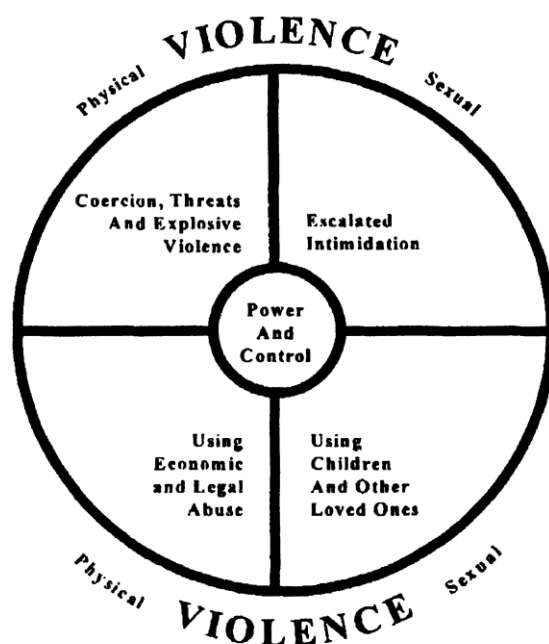


Figure 2.1 Sev'er's adaption of the Power and Control Wheel (Sev'er, 1997)

2.6.2.1. Escalated intimidation. Within the relationship, intimidation may include looks, gestures, words, actions or agonistic behaviours as well as attempting to instil fear in one's partner by destroying property or belongings (Sev'er, 1997). However, during separation, the intimidation may escalate to include harassing calls, threats, stalking or kidnapping. It can also include serious destruction of property and the intimidation can shift to include other things and people (Sev'er, 1997).

2.6.2.2. Use of children and other loved ones. During the relationship, children may be used to guilt their mothers, take sides, demean or threaten her and even become

targets of control and abuse by the abusive male partner (Sev'er, 1997). During the separation period, this is likely to escalate to include other people closest to the woman. Examples include family members, co-workers and neighbours.

2.6.2.3. Use of legal and economic abuse. Within the relationship, he will do everything in his power to prevent her from becoming economically self-sufficient. This can include preventing her from seeking or advancing in a job, refusing to share money or contribute to basic household or childcare needs as well as making her beg for money (Sev'er, 1997).

2.6.2.4. Coercion, threats & explosive violence. During the relationship the threats could be used to ensure submission from the female partner. Submission and conformity can also be achieved by threatening to expose intimate information pertaining to the female partner to friends, family members and authorities (Sev'er, 1997).

During separation, the tactics can increase and spread to aspects outside the intimate relationship. In worst case scenarios, the threats and coercion can escalate into physical and sexual assaults and can lead to femicide and murder (Sev'er, 1997).

Within the feminist theory, the Power and Control Wheel, specifically Sev'er's (1997) adaption (Figure 2.1), is the most suited model to be used for the purpose of understanding separation abuse. While patriarchy focuses on why abuse occurs, Sev'er's (1997) adaption of the Power and Control Wheel (Figure 2.1) looks at what forms of abuse occur which is part of the focus of this research topic (Ali & Naylor, 2013; Brooks, Gill & Kellen, 2009; Pence & Paymar, 1993).

2.7. Critiques and limitations of chosen theoretical framework

One of the most noteworthy advantages of the Power and Control Wheel is that it was

designed as a collaboration between researchers and more than 200 women who had all been victims of domestic abuse (Pence & Paymar, 1993). The advantage of this is that the wheel was created from an 'insider's perspective' and is therefore appears to use a layman approach on a topic that can easily become detached and academized.

Another advantage of the Power and Control Wheel is that the tactics used are divided up into eight categories with examples of the type of abuse experienced within each category (Pence & Paymar, 1993). The benefit of the categories is that victims are able to easily classify their abuse or, if an individual is unsure if what she is experiencing classifies as abuse, the examples will allow for her to identify her experiences in relation to what the model defines as abuse.

Lastly, the Duluth Model is a gender-based cognitive-behavioural approach to domestic violence (Gondolf, 2007). The program is threefold and focuses on both the victim and aggressor. Firstly, using the Power and Control Wheel, it identifies the behaviours of the batterers and the type of abuse experienced by their partners. Secondly, it attempts to rectify the denial associated with abusive tendencies (Gondolf, 2007). Lastly, it attempts to change the behaviour of the abuser through teaching him skills to avoid violence and in doing so, promotes cognitive restructuring of negative attitudes that may augment the violent behaviour (Gondolf, 2007). The advantage of the threefold approach to domestic abuse is that it aims to help the victim as well as attempt to re-socialise the batterer in an attempt to change his abusive behaviour by dealing with the root causes of his behaviour.

A limitation of the Power and Control Wheel is that the wheel was initially created for abuse within cohabiting relationships and was adapted by Sev'er (1997) to be used for separation abuse. Despite extensive research, no other model was discovered to explain separation abuse possibly because very little is known about what happens after a relationship

has ended (Brownridge,2006).

A limitation of the Duluth Model is that studies have found that a third of the men that had completed the program had eventually reoffended which may indicate that the program is not as successful as it appears to be (Babcock, Green & Robie, 2004; Herman, Rotunda, Williamson & Vodanovich, 2014). However, although this limitation affects the actual program, it should not be a limitation for this research topic as this research aims to use a feminist approach with the assistance of this model to explore the types of abuse that exists rather than how to rehabilitate offenders.

Dutton and Corvo (2007) critique the Duluth Model saying that it is based on an extremely negative, polarised view of men and it uses gender-shaming as an intervention method. They use a quote from Pence and Paymar's (1993) book to illustrate their point which stated that, "Using slavery, a colonial relationship, or an oppressively structured workplace as an example, the facilitator can draw a picture of the consciousness of domination" (Pence & Paymar, 1993, p. 49, as cited by Dutton & Corvo, 2007).

However, Dutton and Corvo (2007) fail to contextualise this quote and rather appears to base their critique on one quote without context. If one were to look at the quote in the context it originally appeared, one would understand that a conversation occurred between group members where one of the men felt that marriage meant that two people become one, essentially resulting in the woman losing her identity and adopting that of her husbands' (Pence & Paymar, 1993).

Another critique of the Duluth Model is that having the batterers admit their male privilege is anti-therapeutic and political techniques of 'thought reform' (Lifton, 1961,1989; as cited by Dutton and Corvo, 2007). However, Paymar and Barnes (2007) counteract his critique arguing that dominance and abuse is historically linked from when Europeans arrived

in the United States and brought with them religion, laws and economic systems which institutionalised women as possessions once married. They argue that various societal norms promoted male supremacy and expected men to maintain order in their families even through violence, if necessary (Paymar & Barnes, 2007). Despite wife beating eventually becoming illegal, it still continued despite the new laws which Paymar and Barnes (2007) argue is due to men's socially enforced entitlement rather than individual pathologies and that through education these beliefs can be changed.

Despite the limitations and critiques of the Duluth Model, the program itself will not directly influence the research topic but rather Sev'er's (1997) adaption of the Power and Control Wheel (Figure 2.1) will be used as a means of identifying the types of abuse that exist post-separation. However, it is important to be aware of any critiques and limitations when one uses a model for one's own research. The most pressing limitation of this model is that it was not initially designed to identify post-separation abuse tactics but rather to identify abuse within cohabiting relationships and attempting to rectify the behaviours leading up to the abuse (Sev'er, 1997; Pence & Paymar, 1993).

That being said, Sev'er's (1997) adaption of the Power and Control Wheel (Figure 2.1) could possibly offer a means of determining the types of separation abuse in South African relationships, especially when considering socio-economic status. A multi-country study, conducted by the World Health Organisation (WHO), focusing on the factors associated with IPV found that in South Africa, unequal educational levels with the male partner having higher qualifications increased the risk of IPV (Abramsky, Watts, Garcia-Morena, Devries, Kiss, Ellsberg, Jansen & Heise, 2011). Furthermore, a low socioeconomic status also increased the risk of IPV (Abramsky et al., 2011).

Given that approximately 30 million South African's are living in poverty, the Power

and Control Wheel (Figure 2.1) will offer a means of determining the type of abuse experienced by women who may only have primary education (StatsSA, 2017). While the women may not know the actual names of the types of abuse they are experiencing, they may be able to relate to the examples given which will enable them to understand the types of abuse they have experienced as well as offer an insight into the types of abuse that occur in separation abuse situations.

2.8. Rationale for chosen theoretical framework

While attachment theory focuses on the personality traits of the abusive partner and evolutionary psychology focuses on male sexual jealousy; the aim of this research topic is to explore the types of separation abuse and the lived experiences of the participants rather than the cause of violence within heterosexual relationships (Bell & Naugle, 2008; Wilson & Daly, 1998). Therefore, a feminist framework, with the added use of Sev'er's (1997) adaptation of the Power and Control Wheel located within Duluth Model, is the best suited framework for the purpose of this research.

Sev'er's research focused on the effects of recent and imminent separation of heterosexual couples in Canada, specifically women-initiated separation (Sev'er, 1997). She argued that feminist theory locates domestic violence within the interaction of social structures that promote gendered distributions of power and that women-initiated separation challenges male hegemony (Sev'er, 1997). Although relatively outdated, Daly and Wilson's (1988) view on domestic abuse offers an important insight into abuse, especially in the context of this research topic. Daly and Wilson argued that, "men walk a tight rope in exerting their proprietary rights over women, and at an extreme, see spousal homicide as the 'slip-ups' in such a power struggle" (Daly & Wilson, 1988, p.205; as cited by Sev'er, 1997).

Separation initiated by women challenge the power and control of their abusive

partners within their own homes which could be seen as a direct attack on their masculinities and abilities to maintain control within the home and at an extreme, could result in spousal homicide if the separation abuse is not dealt with in time (Sev'er, 1997).

While the Power and Control Wheel comprises of eight tactics used by men to maintain control, Sev'er (1997), argued that four tactics would be the most applicable in instances of separation abuse (Figure 2.1). The four tactics are the use of children, intimidation, use of economic resources and the use of coercion and threats because once separated, the abuser may no longer have direct access to his partner and therefore needs to use other forms of abuse to maintain control (Sev'er, 1997; Hayes, 2012).

Therefore, the Power and Control Wheel and more specifically, Sev'er's (1997) adaption (Figure 2.1) will be a useful model to use in this research as it looks at what forms of abuse men exert on women once they have separated in order to regain control and possibly even punish her for challenging his power and hegemony (Sev'er, 1997). This tool will also be useful for this dissertation as it speaks to the aim of identifying the types of abuse while an IPA methodology speaks to the aim of lived experiences, ensuring that the research aims are met.

2.9. Chapter Summary

This chapter discussed the various theoretical frameworks used to explain IPV. The Power and Control Wheel within Duluth Model, which was created by Pence and Paymar (1993) was selected as the theoretical framework for this dissertation. More specifically, Sev'er's (1997) adaption of the PCW was selected as she modified it to suit the context of separation abuse which will be used to assist with the identification of types of separation abuse within this research.

CHAPTER THREE: LITERATURE REVIEW

3.1. Introduction

The literature presented in this literature review were drawn from Google Scholar, JSTOR, Sabinet, SA Media via Sabinet and correspondence with Dr Michelle Toews, the Associate Dean of Research and Scholarship, the College of Human Ecology at Kansas State University. The following EBSCO*host* databases were also searched: Academic Search Premier, Health Source- Consumer Edition, Health Source: Nursing/Academic Edition, OpenDissertations, PsycArticles, PsycINFO and SocINDEX with Full Text. To further assist in finding names of female victims of intimate partner homicides (IPH), a Facebook search was conducted to locate information on an Afrikaans documentary series titled ‘In Ons Midde’.

In searching the various databases listed above, the following key words were used: “separation assault”, “separation abuse”, “post-separation abuse”, “intimate partner violence”, “intimate partner violence in South Africa”, “domestic violence”, “abuse once the relationship has ended”, “women murdered by partners in South Africa”, “femicide and femicide in South Africa”.

In this chapter, I will discuss various definitions related to separation abuse as well as a review of the literature available in both a global and local context as well as providing real examples of women who have lost their lives at the hands of ex-intimate male partners. I will also discuss and critically review the literature included in this review as well as the various gaps in the literature. An updated review of the literature was done shortly before the submission of this dissertation to include any newly published research. This was done using the same search parameters but with a different time period (i.e. 2018/2020).

3.2. Definitions

3.2.1. Defining intimate partner violence. While this research aims to look at separation abuse, it is important to differentiate between IPV and separation abuse to avoid any confusion that may occur.

The World Health Organisation (2010) defines IPV as “behaviour within an intimate relationship that causes physical, sexual or psychological harm” and includes instances of physical aggression, sexual coercion, psychological abuse and controlling behaviours (Butchart, Garcia-Moreno & Mikton, 2010, p.11).

Jewkes (2002) defines IPV as physical violence against women with the perpetrator being either her current or ex-husband or boyfriend. However, she also mentions that IPV sometimes includes sexual violence and psychological abuse as forms of IPV (Jewkes, 2002).

IPV also includes the use of sexually, psychologically and physically coercive acts used against an intimate partner (Toro-Alfonso & Rodriguez-Madera, 2004; WHO, 1997; as cited by Ali & Naylor, 2013). It is important to note that IPV does not only occur within a heterosexual relationship but can also be perpetrated within a homosexual relationship as well as being perpetrated by a woman against a man (Butchart, Garcia-Moreno & Mikton, 2010).

However, for the purpose of this research, only IPV within a heterosexual relationship and which is perpetrated by a man against a woman will be discussed. As each definition varies slightly and offers different criterion for what IPV is, a combination of the definitions will be used.

Therefore, for the purpose of this research, IPV will be defined as behaviour which causes physical, sexual or psychological harm towards a female partner, within a heterosexual relationship, with the perpetrator being either a current or former husband or boyfriend. IPV

can also include sexually, physically or psychologically coercive behaviour (Butchart, Garcia-Moreno & Mikton, 2010; Jewkes, 2002 & Toro-Alfonso & Rodriguez-Madera, 2004 & WHO, 1997; as cited by Ali & Naylor, 2013).

3.2.2. Defining separation and separation abuse. Separation abuse is a term that was coined by Mahoney (1991). She defines separation abuse as:

The attack on a woman's body and volition in which her partner seeks to prevent her from leaving, retaliate for the separation, or force her to return...it is an attempt to gain, retain or regain power in a relationship or to punish the woman for ending the relationship. It often takes place over time (p.65-66).

While Mahoney (1991) focuses on the reason for the abuse, Sev'er (1997) focuses on what separation is. Separation is defined as "imminent or recent termination of any intimate relationship of some longevity, regardless of the divorce outcome" (Sev'er, 1997, p.567).

While both Mahoney (1991) and Sev'er (1997) offer insightful definitions into a difficult concept, I would like to combine their definitions and adjust it slightly to clearly distinguish between IPV and separation abuse.

Therefore, for the purpose of this research separation abuse is defined as abuse perpetrated by a male ex-partner against a woman to prevent her from leaving, retaliate for the separation, or to force her to return...it is an attempt to gain, retain or regain power in a relationship or to punish the woman for ending the relationship. It often takes place over time (Mahoney, 1991). Separation will be defined as the termination of an intimate relationship where the ex-partners are no longer living together and who have been living apart for some longevity, regardless of the divorce outcome (Sev'er, 1997).

3.3. Separation Abuse within a Global Context

While there is a common belief that to be safe, victims of domestic abuse need to leave the relationship, many researchers argue that leaving could in fact, aggravate the circumstances and cause the abuse to escalate (Fleury, Sullivan, & Bybee, 2000; Toews, & Bermea, 2017).

3.3.1. Indirect methods of abuse. Hayes (2012) argues that leaving an abusive relationship may cause the dynamics of the relationship to change resulting in the abuser either increasing or changing his abusive tactics. Once separated, while the abuser may no longer have direct contact with his victim, he may begin using indirect methods of control such as using their children or friends and family to manipulate and control his partner (Hayes, 2012).

One of the main goals of the study conducted by Hayes (2012) was to determine if physical violence decreased post-separation in follow-up interviews. Other aims of this study included to determine if men who were physically violent during the relationship switched to controlling tactics post-separation and whether controlling and physically abusive behaviour would increase the likelihood of indirect abuse post-separation (Hayes, 2012).

The sample was selected from all female victims of abuse by their partners, who had applied for a protection order between 2002 and 2005 in New York City (Hayes, 2012). The fathers had to also actively be involved in their children's lives.

The results of the study revealed that because the ex-partners often interacted through supervised visitations, the perpetrators were unable to physically assault their ex-partners and therefore chose more covert abuse tactics (Hayes, 2012). Hayes (2012) argues that while her study revealed that physical violence decreased post-separation, other more covert forms of abuse appeared to be used by the perpetrators such as tangential spousal abuse or threats. Tangential spouse abuse is a form of abuse where the abuser uses the children and custody

hearings to continue abusing their ex-partners (Hayes, 2012).

While Hayes (2012) argues that physical violence decreases post-separation, other researchers contradict this finding. Fleury, Sullivan and Bybee (2000) conducted a study on 278 participants living in various domestic violence shelter programs. The women had been interviewed focusing on three main elements - the batterer's behaviour, the woman's behaviour and the system response.

Batterer's behaviour included physical violence, threats, sexual suspicion, narcotics use and proximity to the victim (Fleury et al, 2000). Woman's behaviour included the number of times police had been called, the number of separations from perpetrator and any new partners or relationships she was involved in. System response looked at the number of times the perpetrator was arrested (Fleury et al., 2000).

The results revealed that 36% of the women interviewed were assaulted by an ex-partner at least once before the end of the study with 51% of the abuse occurring within 10 weeks of leaving the shelter (Fleury et al., 2000). 72% of the women involved in separation abuse had experienced some form of lethal violence including rape or being stabbed (Fleury et al., 2000). 25% of women also reported experiencing some form of lethal or semi-lethal violence at least once a month post-separation.

Similarly, Abrahams, Jewkes, Martin, Matthews, Vetten & Lombard (2009) conducted a study on the IPV mortality rate in South Africa. While the study was conducted on mortuaries that were operating in 1999, and is therefore relatively outdated, it does offer insight into the female IPV mortality rate. Their study revealed that 50,3% of the women murdered in 1999 had been murdered by either a current or ex-; husband or boyfriend (Abrahams et al., 2009).

It is important to attempt to address the possible reasons for the contradictory findings of the research conducted by Hayes (2012) and Fleury et al. (2000). When looking at the samples of the studies, both recruited women from poverty-stricken areas. Hayes's (2012) sample was recruited from three areas in New York which all had relatively high poverty rates, namely the Bronx, Queens and Brooklyn. Based on data collected from the US Census Bureau's 2011 American Community Survey, the poverty rates were 30,4% for the Bronx, 15,8% for Queens and 23,6% for Brooklyn (ALIGN, 2012). While Fleury et al. (2000) did not mention the city their research was conducted in, they mentioned that 20% of the population lived on or below the poverty line. Thus, as the poverty levels were similar in both studies, this would not offer an explanation for the contradictory findings.

However, the education levels of the female participants could offer an indication of the contradictory findings. While 51,8 % of participants selected for Hayes' (2012) study had more than a high school education, 36% of the women selected for Fleury et al. (2000) study has less than a high school education indicating a significant gap in the levels of education between the samples. A study conducted by Ackerson, Kawachi, Barbeau and Subramanian (2008) found that the odds of a woman recently experiencing IPV were 5.6 times higher for women with no education compared to women with a college education. Jewkes, Levin and Penn-Kekana (2002) had similar findings from their study which found that abused women were less-likely to have post-school education.

While both samples consisted of abused women with varying educational levels, a possible explanation for the difference in results could be that the women in Hayes' (2012) study had higher education levels than the women who participated in Fleury et al's (2000) study. Thus, while both samples were chosen from areas ripe with poverty, it could be possible that the women with higher levels of education chose to apply for protection orders, therefore only engaged with their ex-partners during supervised visitations, while the less-

educated women did not have protection orders in place to protect themselves explaining why they had higher rates of violent abuse.

Another possible explanation for the contrasted findings could be that Hayes (2012) specifically recruited women who were in the process of obtaining a protection order against her ex-partner and thus they only interacted during supervised visitations due to their shared children. However, in the study conducted by Fleury et al. (2000), there was no indication to whether any of the women had protection orders against their ex-partners which could mean that their ex-partners could confront them without concern of the legal implications that come with a protection order.

In the discussion section of Hayes (2012) and Fleury et al (2000), both mentioned the need for interaction between the perpetrator and survivor post-separation due to the children they share. While Hayes (2012) used this interaction as an explanation for why physical assault may decrease (supervised visitation), Fleury et al. (2000), used it to explain why some women in their sample experienced some kind of lethal violence post-separation.

One major limitation for each of the studies cited is that they are all quantitative. The research conducted was a qualitative study which aimed to explore the lived experiences of female survivors of separation abuse. Another limitation of the studies mentioned above is their choice of sample. While Abrahams et al. (2009) offers insight into the epidemic of femicide in South Africa, their study looked at women who had already been murdered which did not allow for the women to discuss their experiences of abuse. Similarly, Hayes's (2012) sample was limited to women who had children and to women where the father had visitation rights. Hayes (2012) therefore excluded women who might not have had children or who had sole custody of their children but who may still have experienced indirect forms of separation abuse. Similarly, Fleury et al (2000) only used women who had recently left a domestic

violence shelter which meant that the experiences of women who had never been to a shelter were excluded.

However, despite the limitations, each study offered important insight into IPV and separation abuse. While the research conducted by Abrahams et al. (2009) is a noteworthy study, it also highlights the importance of research being done to understand the types of abuse that exists after separation and to identify the types of interventions that can be put in place to prevent abuse escalating to murder.

While Fleury et al (2000) only looked at women who had recently left a shelter, their study introduced me to Sev'er (1997) and her adaptation of Pence and Paymar's (1993) Power and Control Wheel. Their study also challenged the notion that leaving a relationship is a solution to ending the violence which is an important point as this research looked at the abuse that exists after separation. Lastly, while Hayes's (2012) study was limited to women with children, it brought to light the various forms of indirect abuse women experience when separating from their partners.

3.3.2. Types of separation abuse. Sev'er (1997), discusses separation abuse stating that abuse by an ex-partner has similar characteristics to abuse by a current partner. Just as current partners use violence and abuse as a means of controlling their partners, ex-partners use violence post-separation as a means of regaining the control they may have lost through the separation (Sev'er, 1997; as cited by Fleury et al., 2000). Pence and Paymar (1993) created the Power and Control model which Sev'er (1997), modified to relate it to post-separation abuse (as cited by Fleury et al., 2000).

Sev'er (1997) argues that the most common forms of abuse post-separation are legal and economic abuse; the use of children or friends and family; aggravated intimidation and coercion or explosive violence (as cited by Fleury et al., 2000).

Toews and Bermea (2017) also had similar conclusions to Sev'er (1997). They conducted a study with 22 divorced mothers with a history of male domestic abuse. The purpose of the study was to qualitatively explore the perceptions of women on the power and control techniques used by their ex-husbands post-separation (Toews & Bermea, 2017). They also referred to Sev'er's modification of Pence and Paymar's (1993) Power and Control Wheel as a comparison for their own research.

Participants were selected from divorce records with children under the age of 18 and who had filed for divorce within the last two years. For this study, 24 divorced mothers who had indicated that they were survivors of abuse, were randomly selected to participate (Toews & Bermea, 2017). Semi-structured interviews with open-ended questions were used to collect the information they needed while still enabling the participants to feel comfortable enough to discuss their experiences (Toews & Bermea, 2017).

The results revealed nine major themes, mentioned in order of prevalence. These themes included using the children, threats, harassment and intimidation; emotional abuse; economic abuse; "stuff to try hurt me"; disrupting her relationship with the children; using the system; using physical violence and a fear of past abuse (Toews & Bermea, 2017).

While both Toews & Bermea (2017) and Sev'er (1997) conducted studies which explored the types of separation abuse experienced by women, Natalier (2018) conducted a study which looked at how men's deliberate withholding of child maintenance could be seen as a form of economic abuse.

Natalier (2018) conducted a study with 37 single mothers in Australia whose ex-partners either did not pay child maintenance, partially paid child maintenance or paid irregularly. Natalier (2018) was also interested in how the state facilitated the abusers' attempts at economic abuse and some of the participants also mentioned that their ex-partners

would manipulate the child maintenance agreement by not submitting tax returns or minimising their income through family trusts or business trust agreements. The participants in this study felt that their ex-partners' choices to manipulate or withhold child maintenance was their way of maintaining control over the women and in doing so, undermining the women's financial security and sense of self (Natalier, 2018).

Similar to the study conducted by Natalier (2018), Douglas (2018) conducted a study on the ways in which abusive ex-partners used the legal system as a means of coercive control over their ex-partners. Sixty-five women, who had experienced Domestic and Family Violence (DFV) or IPV and who had experience with the legal system, were initially recruited to participate in the study. Of the 65 women interviewed, 30 women mentioned that their ex-partners had used legal action as a form of separation abuse (Douglas, 2018).

Four main types of legal abuse emerged from the interviews, namely; adjournments, civil protection orders, calling irrelevant witnesses and family law (Douglas, 2018). Adjournments included requesting frequent adjournments in instances where the women had put forth applications for protection orders. The participants mentioned that the adjournments were normally approved (Douglas, 2018). The theme, civil protection orders, has to do with perpetrators making counter-allegations when participants had applied for protection order and the ex-partners would then apply for a counter protection order. The women argued that the allegations made against them were often false, but they would still be required to contest the allegations in court resulting in a long-drawn out case (Douglas, 2018).

The third theme, calling irrelevant witnesses discussed how friends and family members of the women would be subpoenaed by the abusive ex-partners to give evidence in his case, even if their testimonies would not be useful or relevant to the case (Douglas, 2018). The participant's saw it as a means of continued harassment which resulted in stress and

discomfort for both the women and their friends or family members being subpoenaed.

It should be noted, that while this study can be used as an example of how abusive men use the legal system to maintain control, this specific theme could be seen as an amalgamation of two types of abuse within Sev'er's (1997) wheel. The two themes in question are legal and economic abuse and the use of children or friends and family, as the men would use the legal system to maintain control but would also unnecessarily involve the women's friends and family members by subpoenaing them to court.

The final theme that emerged in Douglas's (2018) study was family law which involved excessive legal action and continuous returns to court due to adjournments, applications for changes to the agreed upon conditions and appeals of orders in the family court. The result of the long drawn out process that occurred due to the abovementioned, was that it would cost the women significantly more and therefore diminishing their financial stability (Douglas, 2018).

A study conducted by Khaw, Bermea, Hardesty, Saunders and Whittaker (2018) also looked at the influence of the system and custody proceedings as a means of post-separation abuse. Khaw et al. (2018) wanted to understand how women perceived and made sense of the custody determination process. Twenty-four women were recruited for this study, who had varying degrees of custody agreements, with 8 women reporting that their ex-partners had sole physical and legal custody of the children while only four women mentioned that they had sole physical and legal custody of their children (Khaw et al., 2018). In terms of the women who had sole custody of the children, their ex-husbands were still allowed unsupervised visitations which meant he had continued access to her (Khaw et al., 2018).

The results reveal three themes, trusting the system involved believing that they would have a fair custody hearing which would protect both their rights and their children's rights,

especially because they were IPV survivors. The second theme, adapting to the system, included participants attempting to conform to the rules set out by the courts in the hopes of a positive outcome which included suppressing their emotions during the proceedings so that it could not be used against them (Khaw et al., 2018). The last theme, coping with the aftermath of the judicial system by accepting or resisting the outcome, included acknowledging and accepting that they had no control over the custody proceedings or feeling like they had no choice but to continue to fight to protect the relationship they had with their children (Khaw et al., 2018).

The study conducted by Khaw et al. (2018) shows how the types of separation abuse, should not be seen as a straightforward concept but rather as a complex and complicated system of abuse. This is argued because while their study looks at how the legal system was used to try and manipulate the custody proceedings, which would fall under Sev'er's (1997) category of legal and economic abuse, it could also be placed within the category of the use of children and other loved ones (Sev'er, 1997). This study is an example of how abusive ex-partners can use situations such as custody hearings to maintain control by threatening too or actually taking the children from his victim by gaining sole custody.

One limitation in terms of relevance of the studies conducted by Natalier (2018), Douglas (2018) and Khaw et al. (2018), is that all three studies were conducted in Australia and the United States of America (USA), both of which may have different legal procedures to that of South Africa. However, these studies were worth mentioning because they provide illustrative examples of how abusive men may use legal systems to maintain their control and abuse over their ex-partners.

3.3.3. Using children as a means of control. A recurring theme across the various references appear to be using children as a means of control in separation abuse. In the study

conducted by Toews & Bermea (2017) some of the ways in which the abusers used the children to continue the abuse included filing for custody, purposefully refusing to interact or see the children, neglecting the needs and wants of their children and threatening to kidnap the children. Hayes's (2012) research found that the ex- partners of the participants would use the children to continue the abuse through telling the children lies about their mother and using the supervised visitations to manipulate and threaten the mother of their children.

A later study also conducted by Hayes (2015) investigated whether separated mothers were more likely to report indirect abuse involving their children compared to non-separated mothers. Hayes (2015) used data collected by the Chicago Women Health Risk Study (CWHRS) for the purpose of her study. Once the women had agreed to participate, they were required to participate in one-on-one interviews in a private setting to ensure confidentiality. The interview included questions relating to physical and mental health, assessing the participant's social support, completing the Conflicts Tactics Scale (CTS) and a life history calendar.

The results revealed that women who had separated from their abusive partners were more likely to report specific types of abusive behaviour relating to threats of indirect abuse (Hayes, 2015). Interestingly, the results also revealed that threats of indirect abuse using the children decreased with mothers who had recently separated from their partner or moved out of their shared home. As the duration of not living together increases, McMahon and Pence (1996) argue that the abuser may attempt to identify other types of abuse as a means of control which may seem trivial to outsiders (as cited by Hayes, 2015). The result of using indirect abuse as a means of control, is that it may be difficult to identify and thus difficult for authorities to regulate (Hayes, 2015).

While Hayes (2015) offers insight into the rate of women who have experienced

threats towards their children as a means of indirect abuse, the study does have some limitations. Firstly, the limitations were only measured with binary indicators (i.e. yes or no response to ‘threatened to harm the children’ and ‘threatened to take the children’). The implication of the binary method of response, is that the women did not get the opportunity to elaborate on their answers as well as potentially over-simplifying a complex issue. Secondly, while the aim of the study was to identify if separated mothers were more likely to report threats of indirect abuse involving their children than non-separated mothers, the criteria of what constituted separated and non-separated was unclear.

Hayes (2015) used DeKeseredy and Swartz’s (2009) definition of separation which is when the woman wants to end, is in the process of ending and when she finally ends the relationship. However, this definition doesn’t offer a clear indication about the living situation of the separated couple and if separation includes divorce or if it simply means no longer living together. Within the study, the criteria for a non-separated woman was also unclear.

3.3.4. Separation abuse from the perspectives of male perpetrators. As previously mentioned, despite the belief that separation reduces the abuse, it can in fact aggravate the circumstances and thus increase the abuse experienced (Pagelow, 1993; Sev’er, 1997; Wilson & Daly, 1992; as cited by Toews, McKenry & Catlett, 2003). However, in some instances, women may never experience physical violence in their relationship but once separated, their ex-partner’s may turn to violence during the separation process (Ellis, 1992; Johnston & Campbell, 1993; Sev’er, 1997; as cited by Toews et al., 2003).

Toews et al. (2003) conducted a study with 80 divorced fathers who reported never being physically violent towards their partner’s during their marriage. The aim of the study was to assess predictors of psychological and physical abuse initiated by male partner’s

during their separation period before the divorce proceedings. The sample was chosen from divorce court records and once those who were physically violent during their marriage were eliminated, the remaining 80 fathers were mailed a questionnaire with strict instructions. Participants were required to complete the questionnaire which would take approximately one hour and would be compensated \$20 for their participation (Toews et al., 2003).

The results revealed that psychological aggression was an essential prerequisite for physical aggression but not all participants who reported being psychologically aggressive reported being physically aggressive towards their ex-partners. The results also revealed that every participant who reported being physically abusive also reported being psychologically abusive towards his ex-wife (Toews et al., 2003).

A Study conducted by Goussinsky and Yassour-Borochowitz (2012) looked at the phenomenological differences between wife-killing and wife-battering. Goussinsky and Yassour-Borochowitz (2012) argue that most research focusing on intimate partner homicide (IPH) have found that women threatening to or actually separating from their husbands are one of the major causes of female IPH. Male sexual jealousy and sexual proprietarieness have often been noted as the main causes of femicide across global cultures (Baker, Gregware, & Cassidy, 1999; Polk, 1994; Wilson & Daly, 1998; Wilson, Daly & Daniele, 1995; as cited by Goussinsky & Yassour-Borochowitz, 2012). However, these conclusions place the majority of the blame on the need for control without fully acknowledging that a woman's intention of leaving often acts as a catalyst for murder.

Thus, the purpose of their study was to examine the validity of the idea that, in terms of motivation and emotional dynamics, female intimate partner homicide is not discrete from other expressions of violence against female partners (Goussinsky & Yassour-Borochowitz, 2012). The study used two samples; sample one consisted of 18 violent men and sample two

consisted of 18 men convicted of killing their female partners. An interview schedule was set up in accordance with phenomenology which ensured that every subject included key questions which enabled rich detail to be obtained from the participants.

The results revealed three major themes which included; the motive for the violence or murder, the function of violence in the relationship and the question of control, intent and planning (Goussinsky & Yassour-Borochowitz, 2012). In theme one, while majority of the murder cases examined occurred as a result of a woman's intention to end the relationship and leave, physical violence appeared to typically occur in instances where his control over his partner was undermined.

Theme two consisted of an ambiguity in the attitudes towards violence as some participants saw it as conflict resolution and as a means of recovering lost respect; other participants saw it as a display of weak and shameful behaviour which negatively impacted their honour (Goussinsky & Yassour-Borochowitz, 2012). The differences between abusers and murderers was in the way in which they viewed themselves rather than the way they viewed the violence.

In theme three, almost all of the participants described the murder as period of temporary insanity. The loss of control they believed they experienced was presented in a situation which comprised of a type of provocation so powerful that the participant viewed it as some external force which forced him to respond in such a lethal manner. However, the accounts of the murders suggest that the violence used could not be seen as a loss of control or period of temporary insanity, but rather as a culmination of a process where the idea of the murder unfolded and the psychological readiness to commit the murder matured (Goussinsky & Yassour-Borochowitz, 2012).

Through the addressment of the three themes, the researchers attempted to show that while violence against women appears to be used spontaneously and as a means of control in various situations, conditions leading to female IPV are far more specific. Goussinsky and Yassour-Borochowitz (2012) contend that in some of the cases, physical violence did not occur before the murder and that in majority of the cases observed, the lethal violence was premediated rather than an unexpected incident.

While the studies conducted by Toews et al. (2003) and Goussinsky and Yassour-Borochowitz offer an interesting insight into the separation abuse from a male perspective, the current study specifically looked at the lived experiences of female survivors of separation abuse. As there is very little research on separation abuse, it is worthwhile including both these studies in the literature review as it allows for the topic of separation abuse to be looked at holistically rather than using a one-sided approach. However, both studies have limitations worth noting.

Firstly, the study conducted by Toews et al. (2003) is a quantitative study that uses correlational data which means that no causal interpretations can be made. Secondly, the researchers sent a questionnaire pack to the selected participants which comprised of seven different questionnaires and scales to complete. The implication of sending questionnaires to complete is that the reliability comes into question as the researchers have no way of being certain that the selected participant was the same person who completed the questionnaire. Secondly, there is also a possibility that while completing the questionnaires, the participants may have become distracted or tired which questions the accuracy of the responses.

In terms of the study conducted by Goussinsky and Yassour-Borochowitz (2012) an important limitation to note is the language used, specifically relating to the objectives of the study. The authors state that their aim of this study was “-to examine the validity of the idea

that, in terms of motivation and emotional dynamics, female intimate partner homicide is not discrete from other expressions of violence against female partners” (Goussinsky & Yassour-Borochowitz, 2012, pg. 553). However, despite this study being qualitative, the use of the words ‘validity’ and ‘discrete’ makes the aim seem to be a quantitative aim and thus words that are more qualitative in nature should have been used to avoid confusion.

Secondly, the authors noted that a further limitation to their study was that they did not distinguish between the different types of motives for murder and violence (Goussinsky & Yassour-Borochowitz, 2012). While the results revealed that a woman leaving the relationship was a risk factor for murder and violence, it is not the only motive for harming one’s partner and thus future research should be conducted on other motives for murder and violence.

A third limitation for both studies in relation to this study is that both Toews et al. (2013) and Goussinsky and Yassour-Borochowitz (2012) focused on the male perspectives of IPV. Thus, while the inclusion of their studies allowed for a holistic view of separation abuse, neither study is truly applicable to the current study.

3.4. Separation Abuse in the South African Media

Through the influence of social media, South Africans have been exposed to, and made aware of female homicide more frequently in the last few years than before. The indication as to whether the female homicide rate has increased in South Africa or if it is just being reported about more, is unclear. A possible reason for the ambiguity in the statistics could be that while murder is categorised by gender, it offers no indication as to cause of death or victim-perpetrator relationship within the murder category (Victims of Crime Survey, 2016/17; Abrahams et al., 2009).

One of the most well-known cases of abuse post-separation that led to murder in 2017 was that of Karabo Mokoena. Karabo had broken up with her boyfriend a month before her death after he brutally assaulted her (Makhoba, 2017). He contacted her asking her to meet him at his flat to reconcile their differences, the following day her charred body was discovered in a shallow grave (Makhoba, 2017).

In January 2017, Akhona Njokana was fatally shot by her ex-boyfriend after he tried to force himself on to her in front of her current boyfriend (Masuku, 2017). Akhona was murdered while trying to protect her current boyfriend.

After dating for a year, 17-year-old Sharnelle Hough, ended her relationship with 19-year-old Xander Bylsma (Child, 2018). Xander soon began sending threatening messages to Sharnelle and her best friend Marna which were dismissed as harmless. However, on 25 May 2018, both girls were found strangled to death at their boarding school (Child, 2018). After breaking up with Xander, Sharnelle had met someone else and unable to accept it, he murdered both Sharnelle and her best friend attempting to make it look like a double suicide.

In 2004, Liz-Marie Minny along with Abrie Greyling, Heloise van der Westhuizen and Donavon Minny were murdered by Johan Rosslee, Liz-Marie's ex-fiancé because she broke up with him and moved in with someone else (De Lange, 2004). Johan had decided to kill Liz-Marie and went to her house to wait for her but was caught off guard when the other victims showed up at the house. He then decided to kill everyone, including 3-year-old Donovan so that they would not be able to identify him (De Lange, 2004).

In 2014, Mia Rickert was beaten to death by her husband (Louw-Carstens, 2016). While this does not fit the criteria for separation abuse as they were still married, it is worth noting as Mia had left her husband between 10 and 15 times in a five-year period. Lodewyk

Rickert was married twice before Mia and both women had protection orders against him due to assault (Louw-Carstens, 2016).

In 2018, Zolile Khumalo was murdered by her ex-boyfriend at a Mangosuthu University of Technology (MUT) off-campus residence (Kubheka, 2018). Students living in a building across from Zolile's residence had reported witnessing someone attempt to jump out of a window on the first floor of the building. By the time the authorities had arrived, Zolile had already been shot and died on scene (Kubheka, 2018).

In 2019, sole bread winner, Simphiwe Nxumalo was strangled to death by her ex-boyfriend (Mbele, 2019). Her body was found in his flat by the police with an exposed chest and bruises on her hands, face and neck. She had broken up with him earlier in the year after he had become abusive towards her (Mbele, 2019).

The unbeaten boxing champion, Leighandre Jegels was shot by her police officer ex-boyfriend in August 2019 (Morais, 2019). Shortly before her death, Jegels applied for, and obtained, a protection order against her ex-boyfriend due to the fact that he was violent towards her in their relationship (Dayimani, Zifo & Fuzile, 2019).

On Boxing Day, 2019, Laurencia Zinhle Mathebulu was shot and killed by her ex-boyfriend (Mitchley, 2019). She was walking with her cousin when her ex-boyfriend approached them. She agreed to speak with him in private- shortly after they left, her cousin heard multiple gunshots and discovered his cousin's body with multiple gunshot wounds (Mitchley, 2019).

Lastly 'despite all the warning signs', Sheila Kopanye was stabbed to death after breaking up with her boyfriend (Mabena & Makhetha, 2018). Before her death, Sheila had posted on social media that her ex-boyfriend was stalking her, but no one took her seriously.

Friends of the couple were shocked and outraged as many had seen them as the 'perfect couple' and had no idea that Sheila was in an abusive relationship (Mabena & Makhetha, 2018).

In each of the cases mentioned above the women had broken-up with their partners or, in the case of Mia Rickert who had attempted to leave her husband multiple times, and as a result were murdered by their partners for leaving or for entering into a new relationship.

3.5. Separation Abuse within a South African Context

A study conducted on IPH Chicago and Philadelphia had similar findings which found that a woman leaving the relationship was the motive in more than 1 in 4 cases of female homicide by a male ex-partner (Fleury, Sullivan & Bybee, 2000). Similarly, Abrahams, Mathews, Jewkes, Martin and Lombard (2012) found that 57,1% of women killed in 2009 were killed by an intimate partner whether a current or ex-partner, resulting in a female intimate homicide rate of 5.6 per 100 000.

While international research offers insight into the types of abuse that exists post-separation, South African research is still relatively dearth. Despite extensive research, very little information regarding post-separation abuse in South African relationships was found.

Peltzer and Pengpid (2014) mention one form of separation abuse but fail to explicitly state it as a form of separation abuse. They argue that women seek to leave abusive relationships in various ways, including applying for protection orders through the court (Peltzer & Pengpid, 2014).

Two hundred and sixty-eight women from the Vhembe District who had received protection orders were verbally administered a questionnaire by an external interviewer (Peltzer & Pengpid, 2014). Five scales were administered including the Stalking

Victimisation Survey, the Severity of Violence Against Women Scale, PTSD Checklist-civilian version, Depression Scale (CES-D) and the Community Resources Checklist (Peltzer & Pengpid, 2014).

The results revealed that 58,2% of women had reported stalking victimization in the past three months which was similar to a study conducted by Logan et al, (2007) that found that 47% of participants were victims of stalking in the past 12 months (Peltzer & Pengpid, 2014). The study also revealed that a large portion of the participants had reported mental health issues which highlights the need for women experiencing stalking to be connected to mental health services and to feel safer in their environment (Peltzer & Pengpid, 2014). The results also revealed that younger women experienced stalking and victimisation more than older women.

While this study does offer insight into one form of separation abuse, it only focuses on one community in South Africa and only women who had received protection orders and can therefore not be generalised to the rest of South Africa. This study is also based on quantitative research which focuses on estimating the prevalence of IPV in separated couples, the current study focuses more on the lived experiences of victims of separation abuse using IPA.

A study conducted by van Schalkwyk, Boonzaier and Gobodo-Madikizela (2014) discussed separation from abusive relationships in South Africa but instead of focusing on the types of abuse that exist post-separation, they chose to focus on the women's feelings of powerlessness as a result of the abuse. Van Schalkwyk et al. (2014) used a critical feminist inquiry to explore women's experiences of separating from abuse partners.

They conducted in-depth semi-structured interviews with 16 women living in shelters in the Western Cape focusing on their experiences of physical and psychological abuse by

their partners (van Schalkwyk et al., 2014). The results revealed that there was an overall desire by the participants to leave their relationships', but they also recognised that there was a complex relationship between their senses of powerlessness as abused women and their powerful moral self (van Schalkwyk et al., 2014). The overall results showed that the women interviewed, had a tendency to take up different forms of self, dependent on the situations they found themselves in.

While this study offers insight into the feelings experienced by women due to the exposure to abuse and their decisions to leave, the direct link to separation abuse is unclear. A benefit of this study is that it focuses on 16 women, which is a relatively small sample size.

While a qualitative research approach often makes use of a small sample size, it is important to recognise that the depth of the research data determines the quality of the research more than the sample size. However, despite this, the structure of the study can be studied so as to offer advice on the current research topic which will make use of an IPA approach which will also have a small sample size.

While a study conducted by Jewkes, Levin and Penn-Kekana (2001) focuses on the risk factors of domestic violence as a whole, the purpose of their study has some relevance to the research. The purpose of their study was to describe the prevalence of physical, sexual, financial and emotional abuse within South African relationships (Jewkes et al., 2001).

Jewkes et al. (2001) argue that research suggests that to some degree, the origin of violence against women seems to come from the patriarchal nature of society which views women as inferior to men and in need of being led and controlled. Thus, the purpose of their study was to gain as accurate an understanding of the prevalence of domestic violence due to the recognized issue of underreporting of gendered violence.

The study was cross-sectional and took place in the Eastern Cape, Mpumalanga and the Northern Province. The questionnaire collected information on social and demographic information of the women, as well as their attitudes towards and experiences of abuse and service use and health questions. For the purpose of this literature review, only results that focused on the types of abuse experienced by the women were considered.

The results were listed according to province and thus a detailed table has been included (see Table 3.1). The results revealed that the rate of women ever being physically abused by a current or ex-partner were 10.9% (EC), 11.9% (MP) and 4.5% (NP). Other results included threats of violence, experiences of financial or emotional abuse, intentional humiliation, whether their partner's or ex-partners had boasted about or actually brought home other women, if they were prevented from seeing family or friends, prevented from working, prevented from speaking to other men, evicted from their home or if their partner's withheld financial support from them or their children (Jewkes et al., 2001).

While this study is the first large-scale community-based study of the epidemic of violence against women in South Africa, the researchers separated their results based on each province included in the study rather than triangulating the results into one overall set of results (Jewkes et al., 2001). This is problematic because it becomes difficult for the reader to notice an overall pattern of domestic violence within South Africa. The provinces were also not randomly selected and Jewkes et al. (2001), mention that only 32% of South Africa's population reside in the three provinces chosen which means the results cannot be generalised to the rest of the country.

Table 3.1

Types of Abuse Experienced

Type of abuse	Eastern Cape (N=396)	Mpumalanga (N=419)	Northern Province (N=464)
---------------	-------------------------	--------------------	------------------------------

	%	%	%
Ever had a husband or boyfriend	98.3	97.9	97.7
Ever physically abused by a current or ex-partner	26.8	28.4	19.1
Physical abuse by a current or ex-partner in year before survey	10.9	11.9	4.5
Threat of physical violence by current or ex-partner in year before survey	6.3	8.6	4.5
Experience of emotional or financial abuse by a current or ex-partner in the previous year	51.4	50.0	36.6
Intentional humiliation	4.5	1.8	3.9
Boasted about girlfriends or brought them home	5.0	10.4	7.0
Prevented from seeing family and friends	4.5	9.4	6.7
Prevented from working	5.9	8.1	3.7
Prevented from speaking to other men	13.7	17.2	12.3
Evicted from home	5.3	9.0	3.6
Partner has not provided money to run the home or look after children but has money for other things	10.2	15.7	10.1

Source: (Jewkes et al., 2001)

Abrahams, Matthews, Martin, Lombard, and Jewkes (2013) conducted a retrospective national mortuary-based study of female homicide cases that presented between January 2009 and December 2009 and compared it to results from a similar study they conducted in 1999. For the data collection, victim data was collected from mortuary and autopsy reports and the police provided the perpetrator data. For this study, intimate partners included current or ex-husbands and boyfriends as well as same-sex sexual partners and rejected suitors (Abrahams et al., 2013).

The results revealed a rate of 12,9 per 100 000 for the overall female homicide rate in 2009 compared to 24,7 in 1999 indicating a significantly lower rate in 2009. The results for intimate femicides revealed a rate of 5,6 per 100 000 compared to 8,8 per 100 000 in 1999 and although it shows a decrease in the rate of intimate femicides, the decrease was not significant (Abrahams et al., 2013). Abrahams et al. (2013) argue that while the reduced rate of female homicide looks encouraging, it remains five times the global average and the intimate femicide rate remains more than double that of the United States.

While this study focused on the intimate femicide rates in South Africa, it is still a valuable study to include in this research as it highlights the endemic that is IPV as well as highlighting the need for research to be conducted on women who are victims of domestic violence but have not yet become victims of intimate female homicide.

3.6. Chapter Summary

This literature review provided two important definitions which will be used to define intimate partner violence and separation abuse and or assault, for the duration of this dissertation. Therefore, IPV will be defined as behaviour which causes physical, sexual or psychological harm towards a female partner, within a heterosexual relationship, with the perpetrator being either a current or former husband or boyfriend. IPV can also include

sexually, physically or psychologically coercive behaviour (Butchart, Garcia-Moreno & Mikton, 2010; Jewkes, 2002 & Toro-Alfonso & Rodriguez-Madera, 2004 & WHO, 1997; as cited by Ali & Naylor, 2013).

Separation abuse will be defined as abuse perpetrated by a male ex-partner against a woman to prevent her from leaving, retaliate for the separation, or to force her to return...it is an attempt to gain, retain or regain power in a relationship or to punish the woman for ending the relationship. It often takes place over time (Mahoney, 1991).

Existing literature on separation abuse was explored from both a global and local perspective. Within the global perspective, four main themes emerged from the literature, namely; indirect methods of abuse, types of separation abuse, using children as a means of control and separation abuse from the perspectives of male perpetrators.

In order to properly illustrate the magnitude of separation abuse in South Africa, ten examples were given of women who were murdered by ex-partners in South Africa. In two of the cases mentioned, people closest to the victim were also murdered. For example, Johan Rosslee murdered his ex-fiancé Liz-Marie Minny, along with Abrie Greyling, Heloise Van Der Westhuizen and Donavon Minny (De Lange, 2004).

In terms of separation abuse within a South African context, the studies cited looked at the femicide rate in South Africa as well as stalking victimization in the Vhembe District (Abrahams et al., 2009; Abrahams et al., 2013 & Peltzer & Pengpid, 2014). Other studies cited discussed the feelings of powerlessness experienced by women leaving abuse relationships and the prevalence of physical, sexual, emotional and financial abuse in South Africa (van Schalkwyk et al., 2014 & Jewkes et al., 2001).

This chapter provided important definitions which will be used for important terms throughout this dissertation. Separation abuse was also looked at from both a global and local context and media extracts were provided for illustrative examples of South African women who have been murdered by male ex-intimate partners. Strengths and limitations of the various studies cited were also discussed in relation to the current research.

CHAPTER FOUR: METHODOLOGY

4.1. Introduction

This chapter provides an overview of the chosen research methodology. A rationale is given for using a qualitative, Interpretative Phenomenological Analysis (IPA) as the research design and the recruitment method and sampling procedure is discussed. A brief description of each participant is given which includes the reason for their chosen pseudonym as well as a brief demographic description of each participant. The method of data collection and data analysis is reviewed, and specific attention is given to the ethical considerations of conducting research with a vulnerable population.

This chapter begins with discussing the use of qualitative research methodology followed by the rationale for the use of IPA, the sampling procedures, data collection and analysis, the trustworthiness and sensitivity of the research followed by the ethical considerations of this research. Lastly, a summary and conclusion are provided.

4.2. Qualitative Research Methodology

Qualitative research methodology aims to produce descriptive data with a focus on an individual's own thoughts, feelings and behaviors (Taylor, Bogdan & DeVault, 2016). Qualitative research looks at the meaning people attach to events that occur in their own lives (Taylor, Bogdan & DeVault, 2016). Researchers that operate within this field are interested in how individuals make sense of their world and how they experience events (Willig, 2013). Rather than investigating the causation and effect of experiences, qualitative researchers are interested in the "quality and texture" of an experience (Willig, 2013, p.52).

In order to understand why a qualitative approach was chosen for this research, one should note the differences between quantitative and qualitative research in relation to the

topic of discussion. Firstly, quantitative research is interested in the quantification of a phenomenon while, as mentioned previously, qualitative research is interested in the experiences which arise from phenomenon (Braun & Clarke, 2013). In terms of IPV and femicide within South Africa, there is copious amounts of quantitative data which has been used to indicate that IPV and femicide is an epidemic within this country (*see Chapter 3*). However, there is limited research on the experiences of individual women in terms of separation abuse (*see Chapter 3*).

Secondly, while quantitative research values objectivity, qualitative research recognizes subjectivity and acknowledges that the researcher's own history and experiences can have a positive impact on the manner in which the research is conducted (Braun & Clarke, 2013). In the case of this research, I would not have thought to explore the phenomenon in question, nor would I have connected with the participants in the way that I did, had I not had my own experience of separation abuse. However, if one includes subjectivity into one's research, then it is important to be reflexive throughout the process (Braun & Clarke, 2013). Reflexivity involves critically and frequently reflecting on the production of knowledge and one's position within the knowledge production process (Braun & Clarke, 2013).

As no research has been published on what separation abuse is in the South African context, it became evident that it was vitally important to not only identify the types of separation abuse, but also to understand the manner in which it was experienced by female survivors. Thus, it was decided that this research would take on a qualitative methodological approach.

4.2.1. Problem statement. The current literature primarily focuses on IPV within the relationship which indicated a clear need for research to be conducted on IPV once the

relationship had ended (Anderson & Saunders, 2003, as cited by Brownridge, 2006; Fleury, Sullivan & Bybee, 2000). Based on the abovementioned context, a gap was identified surrounding separation abuse within the South African context. Thus, the research explored the types of abuse which existed outside four heterosexual relationships in Makhanda (formerly known as Grahamstown) in an attempt to gain a better understanding of the types of separation abuse which exists in South Africa.

The research had two primary aims; to explore the lived experiences of female survivors of separation abuse and to determine the types of separation abuse they had experienced. The research was guided by the following research questions:

1. How is the abuse experienced after the relationship has ended?
2. What are the lived experiences of female survivors of separation abuse?

4.3. Interpretative Phenomenological Analysis

Interpretative Phenomenological Analysis (IPA) emerged in the mid-1990's when Jonathan Smith (1996) made an argument for a psychological approach which would be able to explore experiential and qualitative experiences while still conversing with mainstream psychology (as cited by Smith, Flowers & Larkin, 2009).

Smith (1996) specifically wanted a qualitative approach that had a psychological background rather than introducing an approach from a different discipline (Smith, Flowers & Larkin, 2009). The purpose of creating an approach like IPA was to highlight the importance of personal experiences within the intellectual history of psychology (Smith, 1996; Smith et al., 2009).

IPA was chosen as the research design as it attempts to understand the individual lived experiences of people (Smith & Osborn, 2003). Through a dual process of interpretation, the

participant attempts to make sense of their world while the researcher attempts to interpret the meaning attached to the participant's experience (Pietkiewicz & Smith, 2014).

While the main aim of this research was to determine what types of abuse exist post-separation in South Africa, I also wanted to explore how the types of abuse identified were experienced by the survivors of separation abuse. Therefore, an IPA approach was used to explore how the identified forms of separation abuse had been experienced by survivors of separation abuse.

Larkin, Watts and Clifton (2006) argue that a researcher needs to approach their data with two main aims in mind. Firstly, the researcher should attempt to understand and describe the worldview of the participant. This usually leads to a specific experience being focused on. It is important to note that it is virtually impossible to obtain a genuine first-person account as the explanation of the experience is co-constructed by both the participant and researcher (Larkin et al., 2006).

Therefore, rather than trying to obtain a true first-person account, one should aim to produce a description which is coherent in the third person and psychologically informed. This will enable the researcher to get as close as possible to the participant's view (Larkin et al., 2006). In the instance of this research project, I made use of a translator to enable participants to be as comfortable as possible in speaking of their experience. However, this resulted in their experience being 'retold' through a translator and subsequent transcriber as well which meant there were multiple accounts of the same story told by the same individual throughout the process.

The second aim is to develop a distinctive interpretative analysis that locates the participants in the broader socio-cultural context (Larkin et al., 2006). This part of the analysis involves the researcher making sense of the participants sense-making process. It

also gives the researcher the opportunity to think about what the data means in relation to the experience the participants found themselves in (Larkin et al., 2006).

For example, a theme which emerged in all four interviews was the financial constraints and implications involved if and when the participants had left their partners. This was something which could easily be located within the broader socio-cultural context if one were to consider the socio-economic backgrounds of the participants.

4.3.1. Theoretical foundations of IPA. Interpretative Phenomenological Analysis (IPA) involves a comprehensive analysis of the lived experiences of an individual and how the individual makes sense of their lived experience (Eatough & Smith, 2008). IPA is underpinned by three main philosophical perspectives, namely phenomenology, hermeneutics and idiography. Heidegger also emphasised that phenomenological analysis is an interpretative process (Smith et al., 2009). IPA also uses an idiographic approach by positioning participants within their specific contexts, exploring their personal viewpoints and analysing each individual case in depth before making general claims across the cases (Smith et al., 2009).

4.3.1.1. Phenomenology. Husserl, one of the founding philosophers of phenomenology argued that we should ‘go back to the things themselves’ (Smith et al., 2009, p.14). The things themselves, being lived experiences. Thus, while phenomenological research will require a level of theoretical analysis, it is vitally important to maintain a balance between the theoretical underpinnings and the actual human experience being described (Smith et al., 2009). As Husserl argued, phenomenological research should be seen as consistently and attentively reflecting on everyday lived experiences which can either be seen as first-order activities or second-order mental responses to the activities (Smith et al., 2009).

Four main theorists influenced phenomenology and their views should be seen as collective contributions rather than competing philosophies. While Husserl chose an intrapsychic approach, Merleau-Ponty was centrally focused on the embodied nature of one's relationship with the world and where one's perspective of the world is situated (Smith et al., 2009). Lastly, both Heidegger and Sartre were interested in existential questions which focused on worldly, moral and ethical issues (Smith et al., 2009).

Therefore, in order to relate phenomenology to IPA, one should look at how experience is understood within IPA. IPA is concerned with where an everyday experience becomes an experience of importance as an individual begins to reflect on the significance of the event and tries to make sense of it (Smith et al., 2009). Within phenomenology, people are viewed as physical and psychological beings who in engage in activities in the world, reflect on what they do; and the actions they undertake have meaningful, existential consequences (Smith et al., 2009).

4.3.1.2. *Hermeneutics.* Hermeneutics is the theory of interpretation (Smith et al., 2009). Making sense of what was said involves a close interpretative interaction by the reader.

Within IPA, a double hermeneutic process is used (Smith et al., 2009). A double hermeneutic involves the researcher making sense of the participant while the participant is making sense of a specific experience (Smith et al., 2009). IPA enforces a double hermeneutic in two ways. Firstly, the researcher making sense of the participant making sense offers an illustration of how the researcher is both like and unlike the participant.

The researcher is like the participant in the sense that the researcher is a human being using mundane resources to try and make sense of the world around them. The researcher is also unlike the participant in the sense that the researcher only has access to the participants

experience through what the participant reveals and is seeing this through their own observational lens (Smith et al., 2009).

Secondly, within IPA and the double hermeneutic, there are two positions which need to be adopted. The hermeneutics of empathy involves the researcher attempting to get as close as possible to the participants experience to gain an ‘insider’s perspective’ (Wollig, 2013). With the hermeneutics of empathy, the researcher is interested in what is present rather than what the participant might not be saying. Hermeneutics of suspicion requires the researcher to find the hidden meanings (Wollig, 2013). The transcript should not be taken as it is, rather it should be used to collect clues which, when put together, should reveal the true experience (Wollig, 2013).

A successful IPA researcher should be able to combine both positions as the researcher is trying to understand the experience from the participant’s perspective while at the same time adopting an analytical and questioning stance to uncover the hidden details (Smith et al., 2009).

4.3.1.3. *Idiography.* Idiography focuses on the particular, it focusses on the individual and emphasizes the unique personal encounters of human experiences (Smith et al., 2009). IPA is concerned with the particular in two aspects. Firstly, the analysis must be thorough as there is an obligation to particular detail and depth of analysis (Smith et al., 2009). Secondly, IPA is bound to exploring how a particular experience is understood from a specific person’s perspective within a specific context and therefore IPA makes use of small purposive samples (Smith et al., 2009).

Idiography largely advocates for single case studies due to its emphasis on focusing on the particular (Smith et al., 2009). That being said, IPA still has an idiographic focus, it just usually makes use of a sample size bigger than one. The analytic process within an IPA

study has an idiographic focus if it begins with a detailed study of each individual case before carefully moving on to explore the similarities and differences across the data set (Smith et al., 2009). This results in a production of thick accounts of meaningful patterns for the participants reflecting upon shared experiences. A good IPA study should have a rich analysis of both the shared themes as well as of the individual voices and discrepancies within the identified themes (Smith et al., 2009).

4.4. Sampling

In terms of sampling, the central aim of IPA is to give full and equal recognition to each participant's account (Pietkiewicz & Smith, 2014). Therefore, the sample size of an IPA study is usually small. In the case of this research project, a small sample size of four participants was used.

IPA is interested in the individual experiences of participants and how their lived experiences shaped their current realities (Smith & Osborn, 2003). Therefore, a small sample size of four participants was used so that I could spend more time focusing on extracting detailed meaning from individual experiences. It is also focused on producing rich and detailed explorations of individual experiences rather than generating a theory which can be generalized to an entire population (Pietkiewicz & Smith, 2014).

Thus, no single rule exists regarding the number of participants required but it will depend on the following; the required depth of each experience recorded, the richness of the participants data collected, how the researcher wants to analyse and compare the participants and lastly, the semantics of accessing and working with the participants (Pietkiewicz & Smith, 2014). Smith and Pietkiewicz (2014) argue that while a detailed analysis of a single experience can be justified if the data has significant detail, it is not a common occurrence as researchers usually aim for a small sample rather than a single case.

4.4.1. Purposive sampling. Participants that are chosen using a purposive sampling method are chosen because they have particular traits or features which will allow for a detailed exploration into the chosen research topic (Ritchie, Lewis & El am, 2003). A homogenous purposive sample is one where the participants share the same characteristics (Bryman, 2012). In the case of this research, the shared trait was that all participants were female survivors of separation abuse.

The inclusion and exclusion criteria are outlined below and a discussion of the challenges and limitations surrounding the criteria is discussed.

- The participants were required to be female and over the age of 18 but could be from any socio-economic background, age or ethnic group who were living in the Makhanda (formerly known as Grahamstown) area, who had separated from her partner and had completed counselling at Families South Africa (FAMSA) for the separation abuse.

As per the request of the ethics committee, the participants had to have completed counselling at FAMSA to minimize the risk of re-traumatization. I decided to make use of a translator so that firstly, I was not excluding anyone based on their language abilities and secondly, so that I was able to get the participants experiences in their truest form.

- The exclusion criterion was anyone that reported or presented with suicidal ideation or any symptoms of mental distress. To determine the eligibility of the participants, they were required to undergo a screening interview (Appendix B) which was conducted by Siviwe Khula, the acting director and/or Luyanda Nkonyeni, the volunteer social worker.

Luyanda Nkonyeni was initially in charge of screening participants as he was employed as a social worker at FAMSA. It was also decided that he would translate the interviews as many of the participants had been his clients. However, before we were able to interview any participants, Luyanda had resigned from FAMSA which resulted in significant delays as Siviwe Khula was extremely busy with her duties as the acting director of FAMSA.

Out of the five screening interviews that were conducted, Luyanda had administered three which meant that Siviwe needed to complete the other two which became time consuming as she needed to recruit them first and then administer the screening interview without neglecting her official duties within the organisation.

While I do feel it may have been quicker had I conducted the screening interviews, I do acknowledge the importance of having someone qualified conduct it due to the sensitivity of the research.

4.4.2. Recruitment strategy. Ritchie, Lewis and El am (2003) argue that recruiting participants through an organisation that offer services to the chosen population can be a useful method of generating a sample frame for a population which cannot be identified through official statistics.

Thus, to recruit participants, I approached FAMSA in Makhanda as they offer relationship, divorce and premarital counselling and would therefore access to women who were able to contribute to this study. Before starting the research, I informed them about the study through providing them with a document outlining the important aspects of the research (Appendix C) as well as sending them an agreement to sign (Appendix D), agreeing to assist me in any capacity they were able too.

Due to the inclusion and exclusion criteria for this research, FAMSA was restricted in who they could approach as they needed to meet the inclusion criteria. Secondly, while five individuals were initially screened, one participant changed her mind shortly after the screening interview due to the trauma she had experienced. As separation abuse is a relatively unknown problem in South Africa, it was challenging for FAMSA staff members to recruit participants as they used their client files to identify potential participants and may have felt that based on their understanding of separation abuse and the inclusion/exclusion criteria, that they were only able to identify five participants.

4.5. Data Collection

The primary aim for IPA researchers is to extract rich, first-hand accounts of the phenomena being investigated (Pietkiewicz & Smith, 2014). A semi-structured interview follows a framework to address specific themes and is flexible enough for unexpected issues to arise which the researcher may want to further discuss (MacDonald & Headlam, 2009; Pietkiewicz & Smith, 2014).

Therefore, the primary data collection method was a semi-structured interview with the participants. Pietkiewicz and Smith (2014) suggest a warm-up discussion to reduce any tension the interviewee may be feeling so that they are comfortable enough to discuss emotional topics. Due to the nature of this research, it was extremely important to ease the interviewee into the discussion so as not to overwhelm them emotionally.

As IPA is often focused on existential subject matter, it was vital that I monitored the interviewee ensuring that they were coping with the subject matter (Pietkiewicz & Smith, 2014).

To ensure that I was prepared for the interviews, I had set up an interview schedule (Appendix E) to allow for a natural flow of discussion to occur within the interview while also outlining clear themes which needed to be discussed (Pietkiewicz & Smith, 2014). It should be important to note that I had adjusted the interview schedule slightly after the first interview. In the first interview, I had shown the participant the Power and Control Wheel to locate her own experiences within the wheel. However, while she was looking at it, I realised this could be construed as leading the participant to an answer and I therefore decided to take it out and to rather use the wheel during the data analysis stage.

As the staff at FAMSA are trained to counsel people, I had decided that the best option would be to conduct the interviews at their offices so that there was immediate access to intervention should the need arise. While we were fortunate not to need any assistance during the interview, it was still important to let the participants know that there were qualified people on standby if they become distressed.

Before the research was conducted, I had decided that I would conduct the interviews in whatever language the participant felt most comfortable in, even if it meant using a translator to assist with conducting the interviews. Afrikaans, and English have a turbulent history in South Africa, and in the past, they were used as a disempowerment tactic towards those who were unable to speak either language (Elkington & Talbot, 2015).

While I am most comfortable speaking Afrikaans and English, a vital part of the research process was acknowledging that these are in fact minority languages in South Africa and that Isi-Zulu and Isi-Xhosa are the two most spoken languages in this country (Elkington & Talbot, 2015). Thus, I knew I would need to ensure that I had a translator on hand that could speak and understand either Isi-Zulu or Isi-Xhosa. As IPA is focused on the lived experiences of the participant, I wanted to ensure that the participant felt as comfortable as

possible to tell her story and had I asked her to do so in English or Afrikaans, I would not have been able to achieve the level of authenticity I had hoped to achieve during the interviews (Smith & Osborn, 2003).

4.6. Data Analysis

Qualitative researchers are usually interested in not only what participants are saying but also how they are saying something (Bryman, 2012). Therefore, permission was requested from the participants to record the audio from the interviews (Appendix F). Due to the nature of the study, the interviews were audio recorded only, to ensure confidentiality for the participants.

Three of the recorded interviews were sent to an appointed transcriber who transcribed both the questions that were posed in English as well as the participants response in Isi-Xhosa and the translator's explanation of the participant's response. I transcribed the interview that was conducted in English as I felt it was important for me to understand the process of transcribing research interviews. Smith, Flowers and Larkin (2009) outline 6 steps that should be followed when analysing IPA research.

4.6.1. Step 1. Reading and re-reading. In the first stage of IPA analysis, the researcher should immerse themselves in the original data which can be done by listening to the audio recording before reading the transcript (Smith, Flowers & Larkin, 2009). An important aspect of this step is to slow down the analysis process to prevent oneself from simply skimming and summarizing the data which will ensure that the participant is the focus of the analysis. In order to ensure the participant is the focus, Smith et al. (2009) suggest writing down how you felt during the interview and the overall interview experience.

During the data collection stage, I would reflect on the process after the interviews and discuss things that had stood out for me. I also listened to the recordings before I sent them to the translator. Lastly, I read through the translated transcriptions as I received them to familiarize myself with the data before I began with the analysis process.

4.6.2. Step 2. Initial noting. This step requires the researcher to begin examining the linguistics and language use of the participant in an exploratory manner (Smith et al., 2009). The purpose of this stage is to produce a thorough set of comments on what is being said in the data and the researcher should be focused on what the participants are describing regarding what the important elements are of them and why they matter to the participants (Smith et al., 2009). It is also important to consider the participants contexts while looking at their language use (Smith et al., 2009).

4.6.3. Step 3. Developing emergent themes. In this step, the data set is expanded as it includes the notes made in step 3 (Smith et al., 2009). The researcher should also pay close attention to the notes made which, if done correctly, should be a close reflection of the interview transcription (Smith et al., 2009). This stage also involves chunking the overall experience into sub-experiences which could emerge as themes (Smith et al., 2009). Below is an example of a section of emergent themes from one of the participants.

Table 4.1

Example of the Emergent Themes

Emergent themes	Significant text in transcripts	Descriptive, conceptual and linguistic coding
Changes in the relationship dynamics	B: Uh, yes. I noticed that not he didn't... he didn't how could I put it? He didn't uh, he didn't listen like he didn't want to fulfil my needs as much as we were when we were still in the relationship. Like he didn't put effort ,ja he didn't put effort and then he started with	<u>She seems all over the place, she starts by explaining that he no longer put effort into their relationship and then she goes into him cheating on her with her clients. It seems like she wants to relay the facts of how she saw it happen but doesn't really want to dwell on it. Also, what does she mean by not wanting to fulfil her needs? Could it be that he no longer</u>

Infidelity and humiliation	the cheating, yes and I was running a business and then he would sleep with the people I'm doing business with, yes.	<u>wanted to have an intimate relationship with her and turned to other women for that?</u>
Physical abuse	Uh and then he started with the beatings and I would ask him about it and then he would get all angry.	<u>This is also interesting; she says he would get angry when she spoke to him about why he</u>

4.6.4. Step 4. Searching for connections across emergent themes. Once themes have been developed, they need to be placed together in a logical manner (Smith et al., 2009). At this stage, themes that may not be applicable to the research questions can be discarded and the themes pertinent to the research topic can be explored (Smith et al., 2009). Themes can be organised by either similarities or differences between the themes or, some themes can become the overarching themes with sub-themes beneath them (Smith et al., 2009).

4.6.5. Step 5. Moving to the next case. Steps 1-4 should be followed for each individual transcript until themes have been formed within each individual data set (Smith et al., 2009).

4.6.6. Step 6. Looking for patterns across cases. Once the themes from each transcript has been identified and organised, the researcher can then look for patterns across the entire data set (Smith et al., 2009). Smith et al. (2009) argue that IPA analysts should strive for the data to have a dual quality, where both the individual participant's voice is present as well a presence of shared qualities between the participants. The themes are usually tabulated with clear main themes and subordinate themes with examples from each participant within the data set (Smith et al., 2009). Below is an example of a section of the master table of superordinate themes that were present across cases.

Table 4.2

Example of the Master Table of Superordinate Themes

Drinking and substance abuse	Drinking changes his personality	<p>Nobuhle</p> <p>He wasn't a confrontational person, but once he starts drinking, he says all that's on his mind like, "You live with someone in the house and then they go to court against you, it's as if I no longer have a wife." When he is drunk, he is brave enough to speak up</p>
	Drinking habits affecting the family	<p>Nobuhle</p> <p>It wasn't a problem at first because he controlled himself. He was able to provide for the household nicely. He had money to spoil himself, before we got married.</p> <p>Lianka</p> <p>can you please stop drinking during the week? Please do this during the weekend." Yabona[You see]? It's fights like that. And then even maybe ngeweekendngoku [during the weekend, now] when he's drinking, he would like to have money for drinking. And then asks this money kengoku [now] several time then you find out, ooh hhayi [no], it's a lot of money that you are spending during a weekend. You end up saying that, "Tata kabana [Someone's father], you have to now, at least just use for weekend some amount of money, not more than this." Yabo [You see]? We'll fight kengoku [now] I'm telling someone like that.</p>

Therefore, in summarizing the abovementioned steps, it becomes clear that IPA attempts to show the participant's process of making sense of the research topic while at the same time, documenting the researcher's process of making sense of the participant's sense making (Pietkiewicz & Smith, 2014).

However, one criticism of qualitative research is that it relies too much on the researcher's subjective and unsystematic view of what in the data set is important (Bryman, 2012). Due to my own experience of being in an environment where separation abuse is present and based on the criticism mentioned by Bryman (2012), the coding and identification of themes was checked by my supervisor to ensure trustworthiness and transparency of the findings.

4.7. Trustworthiness and Sensitivity of the Research

With quantitative research, validity and reliability are used to determine the quality of the research (Bless, Higson-Smith & Sithole, 2013). As there is no hypothesis which can be tested in qualitative research, one cannot use validity and reliability within qualitative research. However, the quality of qualitative research can be determined by exploring the trustworthiness of the research which can be done by looking at the credibility, transferability, dependability and confirmability of the research (Bless et al., 2013).

4.7.1. Credibility. Credibility focuses on whether the study tested what it sought out to test (Shenton, 2004). Credibility is concerned with ensuring research is conducted in good faith and that the researcher has correctly understood the experiences of participants (Bryman, 2012).

Credibility can be ensured through member checks where participants check the transcriptions ensuring the researcher understood them correctly as well as through frequent debriefing sessions with research supervisors to discuss possible alternative approaches and to widen the scope of the research (Shenton, 2004). Due to my personal investment in the research, frequent communication with my supervisor ensured that I maintained some form of objectivity in the research coding.

4.7.2. Transferability. Transferability focuses on the extent to which the findings can be applied to other situations (Merriam, as cited by Shenton, 2004). To ensure transferability, the researcher should produce a thick description of the topic under investigation to allow the readers to have a proper understanding thereby making their own inferences on the transferability of the research (Shenton, 2004). For the purpose of this research, IPA was chosen as the data analysis method which produces accounts of both the participant's sense making as well as the researcher's sense making of the research topic which ensured the transferability of the findings (Pietkiewicz & Smith, 2014).

4.7.3. Dependability. Dependability focuses on ensuring study processes and methods are reported in detail to allow a future researcher to repeat the work, even if they do not produce the same results (Shenton, 2004). In-depth coverage of the process allows the reader to evaluate the extent of proper research practices that have been followed. Sections focusing on the research design and implementation, detailed description of data collection and the reflectiveness of data should be included in the write-up to help the reader to develop a thorough understanding of the process (Shenton, 2004).

4.7.4. Confirmability. Shenton (2004) argues that confirmability is about ensuring that the research findings are created by the experiences and ideas of the participants rather than the subjectivity and preferences of the research. Bryman (2012) argues that the researcher should be able to prove that they have acted in good faith and have not allowed personal values to influence the research.

The decision to choose separation abuse as a research topic was due to the experiences of my mother and therefore it is important to acknowledge that I was personally invested in this research. However, to ensure confirmability, I remained in contact with my supervisor

and through his input I was able to prevent my own biases from negatively influencing the research.

4.7.5. Contextual sensitivity. Contextual sensitivity includes mindfulness surrounding theoretical underpinnings of a research topic, literature published on the topic and the sociocultural context of the participants (Yardley, 2000). This can be achieved through having an extensive range of knowledge on the chosen approach as well as through noticing and actively discussing any unexpected findings which may challenge the theoretical framework. Lastly, contextual sensitivity can also be achieved by being sensitive to the linguistic context of each interview which can be accomplished by becoming an active participant in the process (Yardley, 2000).

I achieved contextual sensitivity in the following ways:

- While studying the literature on separation abuse, I realised that it was not a well-known phenomenon in South Africa. Thus, within my context chapter, I decided to include examples of South African women who had been murdered by ex-partners they had separated from to illustrate separation abuse within a South African context.
- Within my theory chapter, I included a discussion on multiple theories which could be used to explain separation abuse to highlight both my accumulated knowledge on the research topic as well as the varying theoretical approaches used to explain IPV and separation abuse.
- Lastly, to ensure sensitivity of the participants contexts, I chose to make use of a translator for the interview process to allow the participants to tell their story in the language they felt most comfortable in. The result of this decision was that the

interviews often took the form of a three-way conversation between myself, the translator and the participant which enabled me to have a rich body of data collected during the interview process.

4.8. Transparency

Transparency refers to the extent to which all significant elements of the research process are disclosed (Yardley, 2000). Transparency can be obtained through a process of reflexivity which can and should include a discussion of the experiences which may have led the researcher to selecting the research topic as well as discussion on possible limitations or constraints which may have influenced the research.

Transparency and reflexivity were achieved in the following ways:

- Throughout the research process, I was open and honest about my experience of separation abuse both with my supervisor and with the participants. My experience with conducting this research will be discussed in depth in chapter five.
- I also kept a research journal throughout the process where I wrote about factors which had influenced the way this research was conducted which included needing to reduce the sample size, having to find a new translator as well as a back-up translator due to challenges experienced at FAMSA.

4.9. Ethical Considerations

This research has received ethical clearance by the Rhodes University Ethical Standards Committee (RUESC) with ethical clearance reference number 2019-0258-345 (Appendix G).

4.9.1. Minimizing harm. Given the nature of this research, the most important ethical consideration was to minimize possible harm. Research participants should be

protected from as much risk of harm as possible, even if the benefit of the research to people in the future is noteworthy (Savulescu & Hope, 2010). One of the ways to reduce the possibility of harm is to ensure safety for all participants. Interviews that were tape recorded were encrypted through a software called Boxcryptor which encrypts confidential files in various virtual storage facilities such as Dropbox and Google Drive. The data can be encrypted on one's own device and then uploaded into the cloud to ensure maximum security of confidential information (Boxcryptor, n.d.).

4.9.2. Informed consent. Informed consent involved informing participants of the purpose of the research, what they are required to do and what the possible risks and benefits of the research may be (Savulescu & Hope, 2010). Marx and Macleod (2018) recommend including a consent form after the interview as it will allow for participants to review their decision regarding their personal information as well as the nature of information they had disclosed during the interview. They also recommend allowing participants an opportunity to decide if certain parts of the material collected should not appear in the final write-up and public distribution of the research (Marx & Macleod, 2018).

Therefore, a consent form was given to participants both before (Appendix H) and after (Appendix I) the research was conducted so that participants were fully aware of the risks and benefits of participating in the research. It was also important to seek permission to tape record the interviews and participants were asked to sign a permission form before proceeding with the interview.

4.9.3. Confidentiality. Confidentiality involves keeping potentially identifiable participant information private (Brinkmann & Kvale, 2008). Before participating in the research, participants should be made aware of who will have access to their information both in the immediate future and after the research project has been completed (Brinkmann &

Kvale, 2008). Each participant had the option of using pseudonyms and only one participant chose to use her own name. All participants were also made aware of who would have access to the interviews. I made it clear that during the research project, the audio would be sent to a translator who would transcribe the audio on my behalf. To further ensure confidentiality, both translators that I had used, and the transcriber, were required to sign confidentiality agreements (Appendix J, Appendix K).

4.9.4. Researcher's ethical obligation. The researcher has an ethical obligation to ensure that the research findings are used for the advancement of policy development, especially research surrounding IPV (Watts, Heise, Ellsberg & Garcia-Moreno, 2001). As the research is relatively new, feedback on the findings will be provided to FAMSA and discussions will be held to decide about the future of the research and what could be done for future research to reach policy makers.

4.10. Chapter Summary

This chapter discussed the research aims and questions as well as providing a rationale for choosing IPA as the research design for this research. The sampling and recruitment strategies as well as data collection and analysis methods were discussed. Lastly, this chapter provided an in-depth discussion of the trustworthiness and sensitivity of the research as well as ethics that need to be considered when conducting code red research.

CHAPTER 5: FINDINGS AND DISCUSSION

5.1. Introduction

This chapter begins with a brief description of each participant with specific reference to her pseudonym, employment, children, how she met her partner, the types of abuse she experienced during the relationship, and post-separation as well as why she chose the specific name that she was referred by. Three of the four participants appeared to have a reason for choosing the name they were referred to in the interviews, which is why I decided to include their rationales in the participant profiles.

During the analysis stage, Smith et al. (2009) recommend looking at which themes are most compelling across cases which may result in a need to relabel some themes. To determine which superordinate and subordinate themes to use, the research questions and aims were referred back to and the existing themes were looked at to determine which themes were most applicable to the research questions as well as to the participants' experiences. Thereafter, using the research question, the first superordinate theme that was selected was 'Types of abuse experienced post-separation'. Other superordinate themes included 'Children and abusive relationships', 'Protection order' and 'Hope for the future'. A table of themes has been provided below (see Table 5.1).

Thereafter, the findings will be discussed using existing literature which was discussed in previous chapters as well as new literature that will be discussed in relation to the findings of this study. Lastly, reflexivity will be discussed to explain how I experienced this process as both a researcher and a witness to IPV.

5.2. Participant Profiles

5.2.1. **Amanda.** Amanda is a black South African woman who lives in Makhanda (formerly known as Grahamstown), Eastern Cape and currently looks after children from her neighbourhood. She met her husband at church in the early 2000's and they had two children together. The types of abuse she experienced during their relationship includes verbal abuse, emotional abuse, economic abuse, isolation, infidelity and humiliation. The types of abuse she experienced during their separation included humiliation and minimizing, denying and blaming. It is unclear whether she has filed for divorce yet, but they are currently still separated. She did not give a reason for choosing 'Amanda' as her pseudonym however, when searching online, the meanings given for the name included 'worthy of love' and 'deserving to be loved'.

5.2.2. **Blossom.** Blossom is a black South African woman who resides in Makhanda, Eastern Cape and works for a life insurance company. She married her partner in 2016 and they have two children together. She reconnected with her partner when bumping into him at Checkers as she had known him growing up. The type of abuse she experienced during her relationship with him included emotional, verbal, economic and physical abuse as well as isolation and he would use the children to hurt her. During their separation, she experienced stalking, threatening behaviour, intimidation and harassment. They are currently in the process of finalizing their divorce and she has a protection order against him. When asked why she chose the pseudonym 'Blossom', she responded saying that she felt she had blossomed out of her situation, that it was a new beginning and the start of something great.

5.2.3. **Lianka.** Lianka is a black South African woman living in Makhanda, Eastern Cape who works at a tertiary institution. She had known her husband growing up, but they only became romantically involved in 2000 when she went to the traffic department, where he was employed, to apply for her learner's licence. They had two children together, one of which is autistic and non-verbal. The types of abuse she experienced during their relationship

included isolation, verbal abuse, physical abuse and he was extremely controlling towards both the children and his wife. During the separation, she experienced harassment, intimidation, threatening behaviour and economic abuse. She has decided that she wants to divorce her husband but, during the interview, she revealed that she was struggling to gain access to the legal support she needs to divorce him. She currently has a protection order against her partner. When asked why she chose the name 'Lianka' she said that she had no reason and that it was just a name.

5.2.4. **Nobuhle.** Nobuhle is a black South African woman residing in Makhanda, Eastern Cape who works at a local petrol station. She met her partner in 2001 at a friend's house and they got married in 2002. They have one daughter together. The types of abuse she experienced during the relationship included verbal abuse, economic abuse, threatening behaviour and humiliation. She filed for divorce in November 2017 and the divorce was finalised in June 2018. She is currently seeing someone new. The types of abuse she experienced after they had separated included economic abuse, humiliation and jealousy. She is considering applying for a protection order to protect her daughter from his harassment. Nobuhle chose to use her real name instead of a pseudonym as she felt she had nothing to hide, she wanted to own her experience.

Table 5.1

Table of Superordinate and Subordinate Themes

Superordinate Theme	Subordinate Themes
5.3.Types of Abuse Experienced	5.3.1. Fearing for her life
Post-Separation	5.3.2. Threatening and intimidating behaviour

- 5.3.3. Using the children to get to her or to hurt her
 - 5.3.4. Economic abuse
 - 5.3.5. Humiliation
 - 5.4.Children and Abusive Relationships
 - 5.4.1. Changes in the children
 - 5.4.2. The effects of witnessing abuse as a child
 - 5.5.Drinking and Substance Abuse
 - 5.5.1. Drinking habits affecting the family
 - 5.6.Protection Order
 - 5.6.1. The process of obtaining a protection order
 - 5.6.2. Implementing and sticking with a protection order when children are involved
 - 5.6.3. Deciding to apply for a protection order
 - 5.6.4. The challenges faced when applying for a protection order
 - 5.7.Hope for the Future
 - 5.7.1. Nobuhle
 - 5.7.2. Lianka
 - 5.7.3. Blossom
 - 5.7.4. Amanda
-

5.3. Superordinate Theme 1- Types of Abuse Experienced Post-Separation

All four participants experienced some form of abuse in their separation period. Each woman had varying experiences which will be discussed below based on the following subthemes; *fearing for her life, threatening and intimidating behaviour, economic abuse, using the children to hurt her or to get to her and humiliation.*

5.3.1. Fearing for her life. While reflecting on her separation, Lianka mentioned the importance of trusting yourself and choosing not to listen to others, saying; *“I’ve concluded that people will always be talking...If I pay attention to people...I’ll end up dead, we see it all the time on TV, the husband has killed her. Why did she stay? People just watch and do nothing”.*

Similarly, while reflecting on her relationship, Blossom realised that should she stay with her partner, she too would end up dead saying; *“I’m a Christian so then I realised there’s something better... And ja, just realising that years have been going on with the same thing happening so I said, ‘no it cannot, from here now it’s the grave...”.*

Both women seemed to mention external factors in relation to their fear of death. Lianka mentioned how the people that would tell her to go back to her husband would be the same ones who would question her decisions after she had died. In Lianka’s quote, it’s clear she chose to listen to her intuition because she knew she would be judged and spoken about regardless of what she had decided to do. Blossom made reference to religion as a means of coping with her separation and as a way of realising she could do better. Both women appeared to have reached a point of realisation about where their lives were heading, a greater awareness of the true danger they were in and a realisation that the decision to leave and to remain separated needed to be made by them and no one else.

A large part of the inspiration towards conducting this research came from reading about women who had managed to leave their partners and had started to pick up the pieces

of their lives only to be murdered by the man they had been separated from. Thus, when both Lianka and Blossom mentioned their fear of death, I knew it was an important theme to highlight the magnitude of separation abuse.

5.3.2. Threatening and intimidating behaviour. Both Lianka and Blossom experienced threatening and intimidating behaviour from their husbands during the separation period.

Lianka's husband was a messenger of the court and she had suspected her husband had made her protection order documents disappear, but she was not certain until he threatened her saying; *"[he said] 'There is no more protection order anymore between us. I can do anything to you' ...that's why you end up giving [up] on any court proceedings because you don't receive any protection in court, they protect each-other..."*

The threatening behaviour Lianka was exposed to indicates the power her husband seemed to gain from threatening her as it was always in a public space, with other people around as if he believed he was untouchable and could therefore say whatever he wanted to. Her comment about wanting to give up on the court proceedings indicates the frustration she felt throughout the process as she knew he had more power than she did in that situation. Interestingly, her comment does not come across as outwardly fearful, perhaps she learnt to hide her fear after years of verbal and physical abuse from her husband.

Blossom explained her experience and how she felt about his threat saying; *"This one time he brought a knife and...he said 'you see this, you better watch when you walk around the streets you better watch. Up until you come back otherwise you better watch'... I was scared, 'cos I know him"*.

In contrast to Lianka's husband, Blossom's husband threatened her with a knife at the place she relocated to, during their separation. It is possible that while he felt powerful threatening her privately, he may have been afraid of the consequences of threatening her in a public space with others around. Blossom was able to express that she felt fear in that moment, but not a fear of 'what if', rather her fear was sparked because she knew what her husband was capable of.

While it may well be possible that both women were terrified in their experiences, Lianka appeared to have learnt to hide her fear, perhaps as a way of maintaining some power while Blossom was fearful and chose to disclose the fear she felt in that moment.

5.3.3. Using the children to get to her or to hurt her. Three of the participants had their children used by their husbands to hurt them. Blossom's husband would physically grab the child from her which she felt was his way of exercising his power saying; *"He would...take my kid and then tell me to come get him. I felt most of the times that he was using his power, taking advantage of my power you see compared to his, he would do that with the kids"*.

Blossom specifically mentioned the power imbalances between the two parents with their child caught in the middle. Blossom mentioning her husband telling her to 'come get him' makes the incident seem to be a game for her partner, with the child being the object to be used to win the game. Blossom seemed fearful and visibly emotional during her recount of this episode as, while she attempted to explain what had happened, she said; *"You know, the things that he put my kids through...ah I don't wanna cry"*.

She speaks about what he put her children through which seems to indicate that she felt her children went through the abuse with her. She also calls the children 'my kids' rather

than our kids, which indicates a sense of possessiveness about the children, as if after she had left him, she took over the role of both parents.

Lianka was hurt by her husband by the way he treated his children after she had separated from him saying; *“I feel bad sister. I feel bad now because I’m wondering why he’s acting like the children are not his. Now how does he think the children will feel when he does this?”*.

While Lianka seemed hurt by her husband’s behaviour, it seems she was hurt on behalf of her children because she is concerned about what his decision to disown his children will do to the children long-term. Her reflection on his behaviour indicates her maternal instinct coming in to play, she wants to protect her children against all hurt and in leaving him she managed to protect them from a disruptive household but now she is faced with another level of hurt that has left her unsure of what to do. Perhaps he gained a sense of power by rejecting his children knowing what it would do to both his wife and the children. In both experiences mentioned above, the children seem to be pawns used by their fathers to gain power over their partners.

While Blossom’s husband would grab the child from her and Lianka’s husband chose to act like they weren’t his children, Nobuhle’s husband would go to her home and harass and question his daughter while she was working. She explains; *“He comes by and the child is home...He asks her, sometimes I wonder how his head works, is your mother’s boyfriend good looking or ugly?... Does he go to church or not?...Does he have a car or not?”*

Despite the fact that she and her husband had divorced by this point, he still seemed unable to let go and would interrogate their daughter about her mother’s new boyfriend rather than asking her himself. Perhaps he felt a sense of regret in losing his wife, but rather than finding a way to deal with the regret, he chose to interrogate his daughter. It seems she

wanted to keep her daughter out of their conflict as much as possible, but her ex-husband did not share her sentiment, which could be why she mentioned that she questioned his state of mind when he questioned their daughter.

5.3.4. Economic Abuse. Two of the participants experienced economic abuse. Lianka's husband chose to resign from his job, she explains; *"When we got separated...he went to his work and said to his bosses that he's resigning. So, I didn't understand because he said he wants to take his money so that I don't get any money from him"*.

Nobuhle's husband's provident paid out during their separation and before they had separated, it was agreed upon that they would share the provident fund for household things and to take care of their daughter. However, she explains what happened:

He used to say when he came over to eat that he'd tell me when the money comes. And you know us women, once we see money, maybe we'd consider going back....After he got his provident, he became scarce, and I didn't know why. He stopped coming by.

Both women mentioned how their husbands had decided to withhold finances from them, even though the money would be used for the upbringing of their children. It is also worth mentioning that neither husband had told their wives that they had planned to withhold finances. In Nobuhle's case, her husband had deliberately misled her because after they had separated, he became unemployed, so she would feed him in the evenings and during their nightly dinners he continued to tell her that he would pay her once he received his provident fund. Yet, once they payment happened, he chose to stop having dinner with her and began spending the money without telling her he had been paid. In Lianka's case, it seemed her husband had decided to spite her by resigning from his job so that he wouldn't have to pay her any money for their children.

Both women also seemed to experience a sense of confusion by their husband's behaviours. They seemed to choose to spite their wives even if it meant spiting themselves in the process. Lianka was confused that her husband would go to such extreme lengths to maintain control, even if it meant resigning from his job so that he would be unable to give her financial support for their children. Nobuhle also seemed confused because they had agreed to share his provident once it paid out to look after their child. She also openly admitted that she would consider going back to him had he been honest because she believed the money could help fix their marriage saying: *"I'd be seeing the things this money help fix"*. However, it seems that his decision to withhold the finances from her, became the ultimate betrayal and the start of her realisation that her marriage was indeed over.

5.3.5. Humiliation. While all four participants experienced humiliation during their relationships, only Amanda and Nobuhle experienced humiliation during their separation. Amanda spoke about the very public nature of their separation saying:

He shouldn't be expecting that when he comes home, I welcome him in any particular way. Because he knows what he did to me. He embarrassed me in front of his family. And he took my children. Then he left me at home. And other people saw me.

Amanda's use of short sentences indicates the pain and hurt she felt by the public nature of her embarrassment. She had experienced extreme humiliation and isolation throughout their marriage and her husband initiated their separation by leaving her. However, once he had done everything he wanted to, he still was not able to come to her on his own and speak to her about trying to fix their marriage, he would send friends and family to convince her to take him back, indicating a possible communication gap between husband and wife. Yet, despite the separation and the pain that came with it, she seemed to gain a sense of

independence and strength. In the end, she was able to stand up for herself and make her feelings known to her husband.

In Nobuhle's case, while she was struggling to get financial support from her husband, he chose to spend his money in front of her. She explained; "*there are so many garages in Grahamstown, and they chose to come to the garage that I work. 'Vista, Vista fill up the car' And he will fill up the tank and they would drive around in it*".

Nobuhle's husband had chosen to fill up his friend's cars at the garage she worked at, even though there were other garages in Makhanda (formerly known as Grahamstown). It seems to indicate the pleasure he gained from publicly humiliating her not only in front of his friends but in front of her colleagues as well. Not only must this experience have been extremely humiliating to her but also extremely frustrating as she had desperately been trying to get him to give her some money for their daughter but instead of giving her maintenance, he chose to use his money to fill up his friend's car's. She seemed hurt by the fact that her husband would spend his money on his friends and would do it in such a public manner and yet refused to give her any of it to care for their daughter.

5.4. Superordinate theme 2- Children and Abusive Relationships

Each participant had at least one child with their partners. Each woman had mentioned the effects of the separation on their children or the effect of the abuse on their children which will be discussed below. The first subtheme that will be discussed is *changes in the children* which discusses how the children coped or struggled to cope once their parents had separated. The second subtheme, *the effects of witnessing abuse as a child*, was only discussed by one participant but was necessary to include to indicate where children fit, in abusive situations.

5.4.1. Changes in the children. Each participant had discussed how the separation and or divorce had affected their children. In Amanda's case, her son took it upon himself to live with his dad in the hopes that he could rectify the situation. She explains; "*The child grew up with both his parents. The only reason he's living with you is because he was trying fetch you so you can home, so he can be with both his parents*".

Blossom's children were both quite young when they separated and was therefore not fully aware of the situation. She explains the excitement her son would experience when he saw his father saying; "*It's so heart breaking...the way he just gets excited when he sees him 'cos he's a child and in my heart I'm like... you don't know anything. It breaks my heart. 'Cos when he sees his father, he sees a father*".

Due to the separation, Nobuhle's daughter began to struggle academically. Her daughter's school called her to discuss the changes:

I was called to the school once...her marks were down. I didn't tell the teacher the whole story. I just explained that there are problems between her father and myself...but she never failed, she always passed. But she's no longer on the same level...

Nobuhle seemed ashamed to tell her daughter's teacher about what was really going on because it would then mean that she would have to admit to someone else that she was being abused by her husband and that the abuse was negatively impacting their daughter.

In contrast to the other participants and the negative effects their separations had on their children, Lianka mentioned the positive effects, her separation had on her children saying; "*No, the children are okay. The children say they're alright, at least the one who can*

she says she's fine. She says, 'Without dad, we are okay, we're happy'. The children haven't asked to see him yet."

In two of the four participant's experiences, it's clear the separations had a significant effect on the children. Nobuhle's daughter, who had previously been academically strong began to struggle at school to the point where she was called to school to discuss her daughter's performance. Amanda's son, who was only 13 years old at the time, took it upon himself to go and live with his father in the hopes that he would be able to reunite his parents.

Although the both Amanda and Nobuhle may have tried to keep the children out of their relationships as best as possible, the stress of their circumstances seemed to have played a role in the children's lives. In Blossom's case, she spoke about the pain she experienced by her son's excitement when he saw his dad as he was not aware of what was happening between his parents. Her experience indicates the challenges that come with separating from an abusive partner when children are involved.

However, despite the negative effects mentioned above, in Lianka's case, her children seemed to adapt well to the separation as they were no longer living in a controlling and violent household. Her experience indicates that while some may feel it's best to stay for the sake of the children, sometimes it's actually better to leave for the sake of the children even if in the moment, it may not seem so.

5.4.2. The effects of witnessing abuse as a child. While only one participant experienced the second subtheme, it felt necessary to include it as it highlights the trauma experienced by children who live in abusive households. Lianka has two children, one of which is autistic and non-verbal. In the following extract, she discusses how her autistic son would try to help her during her husband's violent episodes saying; *"He is struggling because his speech is delayed. And he was starting to witness these fights and he would just come*

stand next to us. You can see that the child is fuming and wants to say something, but he can't".

It felt necessary to discuss what the effects of witnessing abuse were for Lianka's children, especially considering her son was autistic and struggled to speak because of the Autism. Both children were in boarding schools and would only come home during the school holidays. Despite the fact that they were only home for short periods of time, her husband seemed unable to control himself during those periods, indicating his need to assert his dominance and maintain control in the household, even if to the detriment of his non-verbal son. Lianka's account of her son's experience indicates the powerlessness she felt in that moment as a mother to a disabled child who tried to stand up for his mother during a violent attack from his father. This subtheme was particularly hard for me to analyse as I thought back to an incident when my own sister, who had not started talking yet, tried to protect my mother from my father. However, it also highlighted the fact that children are always affected in abusive situations, regardless of how hard the parents try to keep them out of it.

5.5. Superordinate theme 3- Drinking and Substance Abuse

Three of the four women had negative experiences due to their husband's alcohol consumption or substance use. Blossom's husband had also started using substances during their marriage which she discusses below.

5.5.1. Drinking habits and substance abuse affecting the family. Nobuhle mentions that her husband was not normally confrontational man but once he consumed alcohol his behaviour would change. She explains; "*...Once he starts drinking, he says all that's on his mind like, 'You live with someone in the house and then they go to court against you, it's as if I no longer have a wife'. When he is drunk, he is brave enough to speak up.*"

While they were still married, and before they separated, Nobuhle had decided to sue her husband for maintenance as he was no longer contributing to the wellbeing of their daughter and would rather spend his money on alcohol. Her decision to sue him for maintenance while they were still living together, was something I had not heard of before but it also indicates her determination to give her child the best life she can possibly give her, even if it means making enemies with her husband.

Blossom mentioned the challenges she faced by her husband's alcohol use and the conflict that would arise when he would get home after a night out saying; *“ Eish this one time it was three am in the morning he came back home drunk, he broke things he woke up the children he would bang, he was banging on things, you know he was just going crazy”*.

Both women mentioned how their husband's behaviours would change once they had been drinking. While Nobuhle's husband was mostly a reserved person, he would become confrontational once he consumed alcohol, indicating that the alcohol gave him confidence that he lacked when he was sober. In Blossom's case, he would become aggressive once consuming alcohol which would not only put her at risk but their children as well as he would being to bang things in their home when he got home. Not only was his behaviour risky but it most likely upset and traumatised their children as well. Blossom's recount of this event indicates the chaos and fear that existed in their relationship whenever he consumed alcohol.

Blossom's husband also began to use substances which added significantly more strain on their already turbulent relationship as he began to steal from her to maintain his habits saying; *“He escalated to using substances which brought a huge void in the relationship...he now started to steal from me. He would take my bank card and withdraw money. From my bank card and so much that I had to just divorce”*.

Blossom's mention of divorce indicates the frustration and helplessness she felt when her husband would steal from her to maintain his drug habits. His substance abuse also made her feel distant from him and further added to the breakdown in their relationship. It seemed as though she felt there was no other solution for her but to leave him and to try and start over on her own.

Lianka discussed how her husband's drinking habits began to take over his life. She mentions how his drinking habits began to affect both their family life and finances saying; *"You end up saying that, '[You are] someone's father, you have to now, at least just use for weekend some amount of money, not more than this.' You see?"*

Lianka's husband began spending significant amounts of money on his drinking habits which would negatively impact their family. She tried to speak to him about the fact that he needed to use his money on his children instead but that led to fights between them. His decision to spend large sums of money on alcohol could indicate how his drinking habits began to take control of his life resulting in him not considering the long-term consequences of his behaviour.

Her decision to try and explain to him that he was someone's father and needed to use his money responsibly, indicates that she put her children first, always. Even though by speaking to him about his drinking habits, she would most likely cause a fight between them, she may have done so to look after their children and to make sure there were finances available for their children.

5.6. Superordinate theme 4- Protection Order

Two of the four participants had decided it was necessary to apply for a protection order against their partners while one participant mentioned that she was considering applying for one to protect her daughter.

5.6.1. The process of obtaining a protection order. Two participants discussed the process of applying for a protection order which appeared to be traumatic for both women. Blossom discussed how she was advised to stay at a safe house saying: *“I have to go to a safe house and the, the police officers and the house mother were assisting me with it so they took me to court to, I stayed the weekend ‘cos I couldn’t do anything the weekend”*.

Lianka mentioned how she went to the police station to apply for one, only to be told she would need to accompany the police to serve the protection order. She explains, *“...I went to the police station, they said ‘if you want to serve this you have to be there’ ...I have to be there together with the police and find this person to give, to serve this”*.

Both women were told they had to accompany the police when the protection order was issued which may have re-traumatized the women by being forced to face their abuser even though the purpose of the protection order was to try and get as far away as possible from them. Blossom was advised to stay at a safe house over the weekend as the protection order would only be issued on Monday. Her decision to leave her home and go into a safe house indicates the fear she felt but also a sense of loss as leaving her home marked the end of her relationship but also, the start of something new.

Lianka’s explanation of being told that she had to be there to serve the protection order, seems to indicate the disbelief she experienced in that moment. She decided to apply for a protection order to be as far away from her husband as possible and yet, in order to have the Protection Order issued, she had to see him again. Both accounts of attempting to obtain a

protection order highlighted the cracks in the system when it comes to victims of domestic violence trying to protect themselves and their children by seeking legal assistance.

5.6.2. Implementing and sticking with a protection order when children are involved. Blossom was the only participant who struggled with this as her husband would bring supplies like nappies and lunch for the children which she needed. However, according to the protection order, he was not allowed near her. She explained how they worked around the protection order saying; *“The aunts, they let him as long as he doesn’t cause chaos. But the police, they don’t know that. Ja, because we [are] thinking of the kids you know?”*

Blossom’s experience of allowing her husband near her, ‘as long as he doesn’t cause chaos’, indicates the challenges involved of having children with an abusive partner. Even though the protection order is legally binding, and she wants to be as far away from him as possible, she is struggling to care for her children on her own and therefore cannot choose not to allow her husband to give her things for their children. Blossom’s experience also indicates how social status and poverty plays a role in cases of domestic violence and separation abuse. In her case, she had to make a very difficult decision; does she risk her safety and allow him to provide her with supplies for her children or does she stick with the protection order and risk not being able to provide for her children?

5.6.3. Deciding to apply for a protection order. After her divorce was finalised, Nobuhle had met someone new and moved on. However, her ex-husband appeared to be jealous of her moving on and would question his daughter on her mother’s new boyfriend. Nobuhle mentioned that she had decided to apply for a protection order because of his behaviour towards their child. She explains; *“I decided that I want to get a protection order against him, he should stop this because he’s confusing my child”.*

While her husband was not being abusive towards her, she and her daughter seemed to want to put the past behind them and move on as best as they could, but her ex-husband did not seem to want to allow this to happen. Instead of asking Nobuhle about her boyfriend, he chose to question their daughter, even if it would place her in an uncomfortable position, indicting his self-centred nature. She seemed to have moved on and appeared to be happy without him but his behaviour towards her child, resulted in her considering breaking off the relationship he has with her daughter to protect her child.

During the separation period, Lianka's husband would harass and intimidate her whenever he saw her which led her to deciding to apply for a protection order. She explains what led her to this point:

...I did not want for him to go near me and touch me... because it was difficult for me even to walk to the streets in town because when I am going to town...he will find me there and...he will swear and call [me] names in front of people...he would embarrass [me].

Lianka mentioned how her husband would publicly humiliate her during the separation, which seems to indicate a level of power and control he gained over her by embarrassing her in a public space. It also indicates the possible helplessness she felt because, if he would swear at her in front of people, it makes one wonder what he might consider doing to her when she was on her own. She also mentioned that she didn't want him to touch her, which, while she could be referring to potential physical violence, could also be a reference to the repulsion she felt by the thought of him touching her in any way, whether violently or not.

5.6.4. The challenges faced when applying for a protection order. As Lianka's husband was a messenger of the court, she faced significant challenges when trying to apply

for a protection order. When she went to the court on the date she was provided with, there were documents missing which meant the protection order couldn't be finalised. She explains:

[They say] this paper is not here; it was supposed to be here and 'we can't talk with you when this paper is not here'. I find out...they know he's the messenger of the court, they did something that we could not go and proceed with this...

Lianka's experience of trying to apply for a protection order and it not being finalised indicates the power that her husband had, even beyond the constraints of their relationship. Due to his position as a traffic officer and a messenger of the court, he was able to manipulate the situation to make it as difficult as possible for her to obtain a protection order. Even though he doesn't have enough power to make a protection order impossible, he was able to make it as challenging as possible, resulting in her having to reapply for one.

In her situation because of his job and the connections he had, he was able to use the resources, that should have kept her safe, against her for his own gain. She seemed to feel completely powerless in this situation as she had done everything as she was told to do and yet, she was still initially not granted a protection order because of his connections. This excerpt indicates the power that some abusers are able to have over their partners by manipulating the very systems designed to protect individuals against abusive partners.

5.7. Superordinate Theme 5- Hope for the Future

Each participant was asked what they hope for after their relationships had ended. There are no subordinate themes within this superordinate theme, but rather each participant's hope for the future will be discussed. While this section may not be totally in line with a conventional IPA theme, it shows the resilience and determination each woman displayed

despite the trauma they experienced and thus it felt vital to include it as a superordinate theme.

5.7.1. Nobuhle. After Nobuhle decided to leave her husband for good and to apply for a divorce, she met a new partner who had also had a difficult marriage and had divorced from his wife. She mentioned that her new partner wants to marry her, and although she is hesitant, she hopes to be ready someday saying; *“You see with love, I love this new guy, and I love him. But I don’t know. I don’t want to say I won’t get married, I will get married, but I’ll get better and feel that I should give marriage a second try”*.

After finalising her divorce, Nobuhle met a man who had also gone through a difficult marriage which indicates a mutual understanding of the pain each partner went through. She mentions that she is hesitant to get married again but loves her new partner. However, while she is hesitant to get married, she seems to be willing to consider it, but on her own terms. Through her marriage and divorce she became stronger and seems to be more aware of what is important to her.

5.7.2. Lianka. Lianka discusses her hope for the future, saying she wants to become independent and care for her children as best as possible. She explains; *“I just want to be strong for my children. Because ...I’m living for my children only now and nothing else...I have hope that things will be alright. I want to have a driver’s license because this man is always disturbing me...”*.

Lianka had initially reconnected with her husband when she went to the traffic department to apply for her learner’s licence. However, now that they had separated, she mentions how she wants to get her driver’s licence so that she can get to her children who live outside of Grahamstown. This indicates that in the almost 20 years they were together, she never got her driver’s licence.

Perhaps she never felt the need to do it as she had a husband who could drive or perhaps due to his controlling nature, she wasn't allowed to get it because of the independence it might grant her. However, she is hopeful that she will gain her independence and achieve the goals she has now that she is on her own saying: *"I need to have transport one day because my children are outside of Grahamstown. This is why I said all these years I've been held back because I know I can be independent"*.

5.7.3. Blossom. Blossom hopes to better her education so that she can provide for her children without help from her ex-husband. She also wants to better herself saying; *"Now that I've got a job... I picked up emotionally, I'm in a good place. I've got hope to provide for my children even if he's not there. Ja. I want to develop myself...Education wise, financially"*.

Blossom hopes to provide for her children by gaining an education which may lead to financial stability. Earlier on, the challenges of needing to rely on someone where a protection order is in place, were discussed. Even though he was not allowed near her because of the protection order, she didn't have much of a choice because she wasn't able to care for her children. However, now that she is employed and is gaining independence, she will be able to rely on herself to care for her children, enabling her to remove herself from the situation she was stuck in.

5.7.4. Amanda. When Amanda was asked what her hope for the future was, she did not hope for much. All she had to say was; *"I just want to live"*.

I found her answer to be the strongest of all the participants. Her response to the question indicates the entrapment and isolation she felt throughout her relationship with her partner. She did not feel like she had a life. Having her partner leave her, forced her to become independent and to realise that she was able to live, even if it was without him.

5.8. Discussion

The purpose of this dissertation was to explore the lived experiences of female survivors of separation abuse using feminist theory as the theoretical framework. As separation abuse has not yet truly been researched in South Africa, Sev'er's (1997) adaption of the Power and Control Wheel, located within feminist theory, was chosen as the theoretical framework for this dissertation as the model looks at the types of abuse experienced which was the main aim of this study. There were two main research questions that needed to be answered, namely *what are the lived experiences of female survivors of separation abuse?* and *how is the abuse experienced after the relationship has ended?* Five main themes, that were explained in the findings section, emerged from the data analysis in order to answer the research questions.

With IPA studies, the findings section is written up without reference to existing literature to ensure the findings are as close as possible to what was said by the participants (Smith et al., 2009). Once the findings have been written up, the discussion section is introduced separately, and the findings are then discussed in relation to existing literature. Some of the literature may have been discussed in previous chapters, but it is also possible that the analysis may have taken the researcher into an unanticipated direction and thus, alternative literature will need to be consulted as well (Smith et al., 2009). Therefore, the findings will be discussed in comparison to research that has been cited in previous chapters as well as newer research that has been considered during the write up of the findings.

5.8.1. Types of abuse experienced post-separation. As the main aim of this study was to explore the lived experiences of female survivors of separation abuse, each participant had experienced some form of separation abuse. Sev'er's (1997) adaption of Pence and Paymar's (1993) Power and Control Wheel was used as the theoretical framework for this

dissertation as it looked at the forms of abuse men exert on women once they had separated to regain and maintain control. The Power and Control Wheel was created in collaboration with women who had experienced abuse within their relationship, giving female survivors of abuse a sense of power over their circumstances (Pence & Paymar, 1993).

Consistent with the model adapted by Sev'er (1997) each participant of this study had experienced at least two of the abovementioned forms of separation abuse. While fear of death was not a method of abuse found within the Power and Control Wheel, two participants mentioned that they felt their lives would be at risk should they return to their partners. A study conducted by Abrahams et al. (2013) revealed that 57,1 % of women murdered in South Africa were murdered by either a current or ex-intimate partner. While the study conducted was a quantitative study, it still shows that the participant's fears were not unwarranted.

One of the participants commented on the threat of death saying; *"I'll end up dead, we see it all the time on TV..."*. Her comment about seeing cases of women murdered by ex-partners on television, and other media outlets, is consistent with the multiple media articles cited within the literature review chapter of this dissertation (Makhoba, 2017; Masuku, 2017; Child, 2018; De Lange, 2004; Louw-Carstens, 2016; Kubheka, 2018 & Mabena & Makhetha, 2018). Thus, the research findings indicate that two of the participants believed that their partners would kill them if they did not leave the abusive situation. This is an important finding as both the studies conducted by Abrahams et al.(2013) and the various media articles cited, looked at incidents where women had already died.

In studies conducted by both Toews and Bermea (2017) and Hayes (2012) which explored the controlling tactics experienced by women during separation, the most common tactics found between the participants included; using the children; threats, harassment and intimidation; emotional abuse; economic abuse; 'stuff to try hurt me'; disrupting her

relationship with the children; using the system; threatening to take the children and telling lies to the children (Toews & Bermea, 2017; Hayes 2012). In the present study, threatening and intimidating behaviour, using the children to get to her or to hurt her, economic abuse and humiliation were tactics experienced by the participants.

Lianka spoke about her husband threatening her by saying to her that he knew about the protection order, but that it had not materialised, and he could therefore do to her as he pleases. While her incident is clearly an example of threatening behaviour, in terms of the research conducted by Toews and Bermea (2017), her experience could also fall within their category of *using the system*. The participant's in their study mentioned how their husbands would use the system to maintain control over them by dragging out court proceedings, telling lies in court and assaulting themselves to make it look like their wives had assaulted them (Toews & Bermea, 2017). In Lianka's case, her husband was a messenger of the court which meant he was well-known within the court and his admission of knowledge about her failed attempt at obtaining a protection order against him indicates that he had used the system in his favour to maintain control over her and their separation.

Three of the four participants also experienced their partners using their shared children to hurt her or to gain some kind of reaction from her. Hayes (2015) found that more participants reported their partners had threatened to take the children than threatening to harm them. Bancroft and Silverman (2002) argue that threatening to take the children, rather than threatening to harm the children, allowed for a larger variety of interpretations as to what the abuser means (as cited by Hayes 2015). This may result in more fear and powerlessness being instilled into the women as they are unsure of what exactly their partner means.

The research conducted is different to the findings of Hayes (2015) as none of the partners or ex-partners threatened to harm or take the children. Instead, during creche pick-

ups, Blossom's husband would physically grab their son out of her arms and tell her to come and get him. This does not place the child in any harm nor is it a direct threat, but in doing so he was able to instil fear in her and resulted in her feeling as though he was using his power to manipulate her. Nobuhle's daughter would be harassed by her father about her mother's new boyfriend, putting her in an uncomfortable position and possibly making her fearful as she was not sure what he would do with the information.

Toews and Bermea (2017) found that one of the ways in which abusive partners would use their children to maintain control was by denying the children or neglecting their needs. Lianka's experience coincides with their findings because she felt as though her husband pretended like the children were not his which made her feel bad and hurt on behalf of their children. He also chose to resign from his job so as not to contribute to the financial wellbeing of his children which could be seen as neglecting their needs, as discussed by Toews and Bermea (2017).

Both Lianka and Nobuhle also mentioned the economic abuse they experienced during their separation. Toews and Bermea (2017) found that economic abuse included withholding financial assistance, attempting to reduce child maintenance, using the judicial system to deplete her finances and hiding money. The findings of this present study are consistent with the findings mentioned above as Lianka spoke about how her husband had left his job, when they had separated, so that he would not be obligated to give her any money. Similarly, Nobuhle's husband had initially hid his provident pay out from her, during their separation and, once she was informed about his money, he still refused to assist with money needed for his daughter.

As previously mentioned, the four main types of separation abuse identified by Sev'er (1997) were coercion, threats and explosive violence; escalated intimidation; using

children or other loved ones and economic and legal abuse (Sev'er, 1997). The findings from the current study, showed a slight deviation from the model selected as the theoretical framework as humiliation came up as a form of abuse experienced by two of the participants. Amanda's husband had taken their children, left her and would say hurtful things about to neighbours and community members during their separation. Nobuhle's husband had chosen to spend the money, that he did not want to share with her, at the petrol station that she worked at by filling up his friend's cars and only allowing her to serve them.

Toews and Bermea (2017) identified a similar theme in their research, calling it *emotional abuse*. This theme included guilting her, trying to discredit her as a person, belittling her, calling her vulgar names and demeaning her ability as a mother (Toews & Bermea, 2017). The findings of this study agree somewhat with the findings mentioned above in that both the abovementioned participants were belittled by their partners but, in Amanda's case, she also experienced isolation as an abuse tactic by her partner when he left her and took their children with him. While her daughter returned and stayed with her during the separation, she still experienced a level of isolation which she found to be humiliating due to the public nature of the abuse. Her humiliation, due to his actions, also came in when his friends attempted to convince her to give him a second chance. Rather than coming to her himself and attempting to rectify the situation, he would send his friends which is why she responded to their requests saying; *"he shouldn't be expecting that, when he comes home, I welcome him in any particular way..."*.

Thus, the research findings suggest that the types of post-separation abuse experienced, mostly coincide with that which was suggested in the theoretical framework. However, humiliation also emerged as a form of post-separation abuse which Sev'er's (1997) model excluded. None of the participants experienced any form of physical abuse during the

separation period which may indicate that, once separated, the abuse may shift from physical and explosive types of violence to more discreet, indirect methods of abuse.

5.8.2. Children and abusive relationships. Each participant had at least one child with their partners and the effect of the abuse on the children was mentioned by all four participants. While the abuse negatively affected the children of three of the participants, Lianka's mentioned that her eldest daughter had told her they were doing better now that they no longer lived with their father.

A study conducted by Izaguirre and Calvete (2015) found that children who had witnessed abusive incidents towards their mother's, experienced a range of issues due to the abuse. The issues included school problems, social problems, aggressive behaviour, behavioural and emotional problems and the children adopted adult roles (Izaguirre & Calvete, 2015). The findings of this present study are similar to the findings mentioned above in that both Nobuhle and Amanda noticed behavioural changes in their children during the separation. Nobuhle's daughter was a diligent student at school but she began to struggle during her parent's separation. Amanda mentioned how her son had gone to stay with his father in the hopes that he could convince him to return home. Her son was only thirteen during their separation and through his actions its clear he adopted adult responsibilities in the sense that he took it upon himself to attempt to reconcile his family.

While Nobuhle and Amanda both mentioned negative changes in their children, Lianka mentioned that, not only did her children say they were happier being away from their father, but they also seemed to be doing better than before their parents separated. This finding contradicts the findings of Izaguirre and Calvete (2015) as Lianka's children did not seem to experience negative effects in relation to the separation. Instead, they seemed to have

adjusted well, considering the violence and control they were exposed to while living with their father.

Blossom spoke about how, when her son looked at his father, “... *he sees a father*”. Instead of seeing him as the abusive man she saw him as, her son simply saw his father which would upset her. However, as he was still in creche during this stage, it may be possible that he was not aware of what was happening. Izaguirre and Calvete’s (2015), findings agree with this statement as one of their participants mentioned that her child was too young during the abuse and therefore did not know what was going on. However, in saying that, other studies have argued that children as young as 18-months to 2 and a half years old are able to give fragmented accounts of events while at three years old, they are able to remember and give detailed accounts of traumatic and non-traumatic events (Fivush & Schwarzmuller, 1998; Fivush, 1998; Georgsson, Almqvist & Broberg, 2011). Thus, while it may seem, to Blossom, that her child does not know what has happened between his parents, it is possible that he is unable to verbalise his experience as of yet.

Findings from a study conducted by Lapierre et al. (2017) found that children saw their victimization directly linked to that which their mother experienced. Lianka’s experience of the abuse she went through during her marriage which her children witnessed, concurs with their research because her son, who was autistic and non-verbal, would stand next to his mother while his father was hurting her, wanting to say something but unable to do so. She specifically mentioned she could see he was fuming but was unable to say anything to help his mother.

The findings from this research study suggest that children are inextricably involved in the abusive experience, regardless of how hard the mothers may try to keep them out of it,

which must be acknowledged and addressed to prevent any future negative consequences for the children.

5.8.3. Drinking and Substance abuse. Three of the participants reported that their husbands had begun drinking heavily during their relationship that negatively affected their family dynamics. As drinking habits and its effects on the relationship was not an aim for this study, little attention was paid to it during the interview process. However, during the data analysis stage, it came up as theme for three of the four participants and was therefore included in the write-up of the findings.

A study conducted by Wilson, Graham and Taft (2017) explored the dynamics of drinking and IPV from the experiences of women that lived with partners who would heavily consume alcohol. Through their analysis, a cycle of drinking and violence emerged with seven stages. For the purpose of this study, only two stages were most applicable to the findings. The second stage, 'getting drunk', was characterised by an escalation of verbal aggression as he would become drunk resulting in the female partners becoming targets of anger (Wilson et al., 2017). The participants of their study described that their partners would begin to blame them for things and would deliberately look for something she had done wrong so that he had a reason to be angry (Wilson et al., 2017).

In relation to the current study, Nobuhle mentioned that when her husband began drinking, he would become more confident and would blame her for their marital issues, something he would never do when he was sober. She would therefore become the target of his anger and her actions of suing him for maintenance during their marriage would become sufficient reason for him to start a fight with her.

The third stage of the cycle, 'intoxication', was also relevant to the current study. This stage was most notable characterised by unpredictability and the participants described how

their partner would begin to inflict uncontrollable physical and verbal aggression (Wilson et al., 2017). Blossom discussed how her husband would come home after a night of drinking and would begin throwing things around and banging on things which would wake their children up as well. She also specifically said he was *'just going crazy'* which relates to the study conducted by Wilson et al. (2017) in terms of the unpredictability of the situation once the partner was intoxicated.

Blossom also discussed the void that began to emerge in her relationship once her husband began to use substances. She felt distant from him and helpless which eventually added to her decision to divorce him. Blossom's feelings of distance and overall dissatisfaction with her marriage concurs with a study conducted by Homish, Leonard and Cornelius (2008) which looked at the marital satisfaction of newly married couples where either or both partners were using drugs. It specifically looked at the first four years of the marriage. The results, for the couples where only one partner was using, found that marital satisfaction declined significantly over the first four years of the marriage (Homish et al., 2008). As Blossom was married for less than three years, it may be that her marriage satisfaction declined quicker than the participants from the study conducted by Homish et al. (2008), because her husband drank heavily, and she also experienced multiple forms of violence in her marriage.

However, while Homish et al. (2008) found that marital satisfaction declined significantly over the first four years; Heinz, Wu, Witkiewitz, Epstein and Preston (2009) found in couples where drug usage was present, that being married, and the social support addicts received from their spouses resulted in better outcomes later on. Therefore, it could be that more support from Blossom could have resulted in a decrease in substance use by her husband, had she just 'stuck it out'. However, neither of the abovementioned studies looked

at what effect being in an abusive relationship with a presence of drugs and alcohol would have on the spouse that was not using either of the abovementioned.

Lianka's husband began spending more of his money on alcohol which meant that there was less money to spend on family necessities. Kühn and Slabbert (2017) found that alcohol abuse often leads to a significant reduction in income for a family. As more money is spent on alcohol, less money is available to cover monthly expenditures resulting in financial stress for the family (Kühn & Slabbert, 2017). Lianka's strategy to try and combat his drinking habits was to remind him that he had children that he needed to provide for but it would usually only lead to fighting which could give him a reason to make her his target of anger as mentioned earlier (Wilson et al., 2017).

The research findings suggest that the male partner's alcohol consumption and substance usage resulted in noticeable marital dissatisfaction for the participants, above and beyond the abuse they were experiencing. The dissatisfaction experienced, resulted in one participant deciding to separate from her husband because of his substance use, while, for the other two participants, their husbands' alcohol consumption seemed to be a contributing factor to their separations.

5.8.4. Protection order. Two of the four participants applied for, and were granted, protection orders against their partners while one participant mentioned that she was considering applying for one.

According to the South African Police Service (SAPS), when a person decides to apply for a protection order, they need to first apply for an interim protection order which is done by making an affidavit at the nearest police station and completing an application form (SAPS, 2014). If there are any other individuals who have knowledge of the situation, they too should make an affidavit in support of the request. Thereafter, the affidavit, supporting

documentation and application form should be submitted to a clerk at the court for review (SAPS, 2014). If the court is satisfied, an interim protection order is provided and a date is given where the perpetrator can appear in court to argue why the protection order should not be made final (SAPS, 2014).

The reason for providing this information is because both Lianka and Blossom mentioned that they were told they had to accompany the police officials to serve the protection orders to their partners. However, this information was not provided on the SAPS website which seemed to contradict the findings of this study. In saying that, the website 'Family Law' (2019), also outlined the various steps needed to apply for a protection order. One of the recommendations made was that, if possible, the individual should submit a photograph of the perpetrator so that the police officials would know what the perpetrator looks like ("How to obtain", 2019). Therefore, it may be that the SAPS in Makhanda requested the women to accompany them so that they would serve the correct individual. However, the implications of this strategy include possible re-traumatisation of the victims as they are then forced to face their abusers even though they are applying for the protection order to stay as far away from their abusers as possible.

Lianka also discussed the challenges she faced in applying for a protection order as she had to apply twice because the documents went missing and she was not given the correct documentation that she needed when appearing in court. Artz (2011) conducted a study on the reasons why IPV victims discontinued their attempts at using the criminal system for help. An important theme which emerged was 'systemic issues' which comprised of ten reasons why victims did not end up receiving protection orders (Artz, 2011). Some of the reasons within the theme included not getting a copy of the protection order from the court, not being given a paper to say when they had to return back to court, respondent or perpetrator not signing the

papers, losing confidence in the system and the interim protection order not being served (Artz, 2011).

Her results concur with the findings of this study as Lianka had mentioned that she was told she did not have the correct documentation when she went to court. Thus, she had lost faith in the system because she felt her abuser was being protected by the system rather than protecting her, which exemplifies the powerlessness she felt not only within and outside her relationship but within the systemic space as well. However, her experience deviated slightly from that which was found by Artz (2011) in that her documentation went missing the first time she applied. So rather than just not being given the correct documentation, her documents also went missing which meant she had to reapply.

While Artz (2011) looked at why IPV victims chose not to continue with their protection order, Roberts, Wolfer and Mele (2008) looked at why IPV victims chose to withdraw their protection orders. One of the reasons that emerged, although a minority reason, was that the complainant needed their partner for economic reasons and therefore cancelled their protection orders (Roberts, Wolfer & Mele, 2008). Their results deviated somewhat from the findings of this study as Blossom mentioned that while the protection order was still in effect, she and her aunts would allow her husband to come to her home when he had supplies for the children as she needed his financial contribution. So, while she wanted to be protected by the protection order, she was also caught in a situation where she had to accept any financial contribution, he was willing to give, even if it meant temporarily violating her own protection order.

Both Durfee and Messing (2012) and Wolf, Holt, Kernic and Rivara (2000) looked at the types of women who would apply for protection orders. Durfee and Messing (2012) found that the participants were more likely to have applied for a protection order if they had

experiences of sexual or economic abuse during an IPV relationship. Wolf et al. (2000) found that women were more likely to have applied for a protection order if their abusers had sexually coerced them or if they had reported injury from their abuse. They also concluded that the women who had applied for protection orders were more likely to be married to the abuser but currently separated and no longer living together (Wolf et al., 2000).

In terms of the participant characteristics for this study, all participants had to have been married to their abusers and therefore, a comparison cannot be drawn to Wolf et al. (2000) regarding their marital status and choice of whether to get a protection order. The findings from this current study contradict some of the findings from both the abovementioned studies as neither participant who had decided to apply for a protection order had mentioned an experience of sexual abuse during their relationship or separation period.

However, Lianka had mentioned experiences of severe physical abuse during her marriage but once separated, the abuse shifted to economic, verbal and threatening abuse. Thus, her experience is somewhat similar to the findings of Durfee and Messing (2012) in that she experienced economic abuse but her reason for applying for a protection order appeared to have more to do with the threats and verbal abuse she experienced. At the time of the write up of this dissertation, Nobuhle had not yet decided whether to apply for a protection order or not, but her reason for considering it, was mostly because she wanted to protect her daughter from her father's interrogating questions. While she too experienced economic abuse during her separation, her rationale for considering the protection order was mostly focused on her daughter rather than any of the abuse she experienced during her marriage and separation.

The findings revealed that the two women who feared for their lives during their relationships, were the same two to apply for protection orders due to the threatening and

intimidating behaviour experienced from their ex-partners. The findings also suggest that the system can, at times, make it extremely challenging and traumatic for survivors of IPV and separation abuse to apply for protection orders.

5.8.5. Hope for the future. Each participant described their hopes for the future after leaving their abusive relationships.

A study conducted by McDonald and Dickerson (2013) looked at the lives of women who had successfully left abusive relationships. Six themes emerged namely; developing and maintaining self-reliance, negotiating relationships, challenging societal roles and expectations, protecting the children, creating a safe and supportive environment and nurturing the self (McDonald & Dickerson, 2013). Developing and maintain self-reliance, negotiating relationships and protecting children were most applicable to this current study. The first theme had three main characteristics which included being in control of their lives, maintaining self-reliance and financial self-sufficiency (McDonald & Dickerson, 2013). The participants reported wanting to live independently and maintain control in their lives through being reliant on themselves only and being financially self-sufficient (McDonald & Dickerson, 2013).

Within their second theme, providing for the children's needs and ensuring their safety while supporting the father-child relationship were two main points that emerged from the participants.

Both Lianka and Blossom mentioned their desires to be independent and to care for their children as best as they could. Both experiences mentioned are in accord with the research presented by McDonald and Dickerson (2013). However, both women were focused on their relationships with their children and improving their lives by bettering their skills, neither women seemed to want to support the father-child relationship. Both women wanted

to rebuild their lives with their children and to become as self-sufficient and independent as possible.

Nobuhle was the only participant to be in a serious relationship during the interview process of this research and she mentioned the hesitation she felt about marrying her new partner. In the research produced by McDonald and Dickerson (2013) very few women were, at the time of the study, in long-term committed relationship and those who were, were clear about what they would and wouldn't allow in their new relationships. Similarly, Wuest and Merrit-Gray (2001) found that the participants in their study wanted to believe they were capable of having meaningful relationships but were scared of repeating past experiences. While Nobuhle seemed happy about being in a new relationship, she too mentioned that while she loved her new partner, she was unsure and wanted to work on herself before committing fully to him. She was also clear about wanting to be a better version of herself before being married for the second time.

Wuest and Merrit-Gray (2001) also found that the women in their study wanted to take stock of who they had become after the separation and wanted to be more aware of what they wanted as independent women. Blossom mentioned that she felt she was in a happier place and was hopeful that she would be able to provide for her children, she also knew that in order to be who she wanted to be and to provide for her children, she would need to gain further education to improve their lives financially.

When Amanda was asked what she wanted, she provided an overly simple yet complicated response, which stood out from all the other participants. Her response could be seen as similar to the experiences of the participants of Wuest and Merrit-Gray's (2001) study in terms of taking on a new image. Her desire to simply live, indicated that she felt she had not yet truly lived while being married to her husband and she now has the chance to take

stock of her life and figure out where she wants to go and what she wants to do with her second chance at life.

The research findings suggest that despite the abuse experienced at the hands of their ex-partners, and the fact that the participants had to start over, they remained hopeful about their futures. The findings also suggest an immense amount of resilience possessed by the participants. The findings also suggest that the participants want to use their fresh start to gain back their independence and to provide for their children as best as they can.

5.9. Reflexivity

Reflexivity requires the researcher to see themselves as an active participant in the research process and to acknowledge that their experiences shape the essence of the process and the knowledge produced through it (Evans, 2007). Reflexivity involves reflecting on how one's own values and experiences have shaped your research and the research process (Evans, 2007). Within feminist research, there is an understanding that personal connections cannot be removed or separated which is why it is of utmost importance to reveal them (McHugh, 2014). When conducting research, one almost always has some relation to the subject matter and thus, it is vital to acknowledge that the connection to the subject matter and experiences one may have had can be an asset to the research process (McHugh, 2014).

At the start of my honour's degree, I decided that I wanted my research project to be meaningful rather than doing the research for the sake of my degree. I knew I wanted it to be of significance to me and my first thought was to research something within the field of intimate partner violence. However, IPV has been thoroughly researched so I began to think about my own experience, as someone who had witnessed IPV. I also began to think about women who I read about in the media who were being murdered by ex-partners and

questioned why we weren't differentiating between abuse from a current partner and abuse from an ex-partner.

While I was only three years old when my parents separated and after nearly 21 years, I still have vivid memories of the abuse my mother experienced at the hands of my father. One of the most vivid and terrifying memories I have was of an incident that happened during their separation and because of that memory, I decided that I wanted to research separation abuse - something that I had never actually heard about before.

Throughout this research process, I realised how many women had experienced separation abuse in South Africa, many of whom had lost their lives during their separation. I felt it was of utmost importance to highlight separation abuse as its own form of IPV, rather than lumping it in with abuse that happens within the relationship. My hope in highlighting it as its own form of IPV, is that future researchers will continue to research this topic which may help with policy implementation and help to keep future victims of separation abuse safe.

As I was a witness to separation abuse rather than a victim, I had hoped that, through the interview process, themes about children and what they went through might emerge from the analysis. Every woman I had interviewed had children with their abusers, and not one woman chose not to mention anything about their children, which to me showed that not only had they survived their experiences, but their children survived it with them.

Through assistance from FAMSA, I was put in contact with a woman who assisted with translations for research projects. She and I were a good team, I would start off the interviews introducing myself and speaking about my experience with separation abuse and how it drove me to conduct this research and then she would tell the participants about how she herself had escaped an abusive relationship and had to start over with two children.

Throughout the interview process she mentioned to me and to some of the participants that she did not see herself as a survivor, but rather she saw herself, and her children, as fighters. She elaborated on it saying that they had survived the abuse but in doing so, became stronger and were now able to fight against anything that they may face.

This resonated with me because I thought about the incredible amount of inner strength my mother developed after her experience and how, with the help of my stepfather, was able to raise my sister and I to be well-educated, independent young women who knew how to fight.

The data analysis process brought up a lot of memories which I was initially afraid of. However, when I began to think and reflect upon my own experiences in relation to what I was reading and analysing, I realised how far we had come and how my early experience had shaped me to become the person, and researcher I am today. Without my own experience, I would never have thought to conduct this research because it would not have been something personal to me.

5.10. Chapter Summary

This chapter provided an overview of the findings which emerged from the data analysis. The findings were also discussed in relation to existing literature in order to locate this research in relation to current published research. Lastly, a reflexive account of the research process, and the experience of being a researcher with personal experience of the research topic, was provided.

CHAPTER 6: CONCLUSION

6.1. Introduction

This chapter offers a broad overview of the research that has been conducted. A discussion of the research aims in relation to the findings will be given as well as a summary of the findings, and the limitations that arose in conducting this research will be discussed. Lastly, recommendations for future research will be given.

6.2. Rationale for the Research

I wanted to conduct this research due to the magnitude of women who experience IPV in South Africa (Garcia-Moreno & Pallito, 2013; South African Demographic and Health Survey, 2016). Moreover, I noticed a gap in the literature in terms of abuse that happens once the relationship has ended (Sev'er, 1997; Fleury, Sullivan & Bybee, 2000). Given the number of women who die at the hands of current or ex intimate partners in South Africa (Abrahams et al., 2009), I felt it was important to recognize and acknowledge abuse that happens during the separation period as a separate experience to abuse that exists within the relationship.

Thus, this research had two main aims; to explore how male perpetrators continue their abuse once the relationship has ended and to explore what are the lived experiences are for female survivors of separation abuse.

6.3. Integrative Summary of the Findings

The exploration of the lived experiences of female survivors of separation abuse was of importance because, based on my knowledge and review of the literature, there is

currently no published study in South Africa that explicitly looks at the types of abuse experienced post-separation.

Thus, using a small sample size of four participants residing in Makhanda, Eastern Cape, five main themes emerged that addressed the main aims of this research. Firstly, based on the research findings, it appears that male perpetrators continued their abuse during the separation period through indirect methods of abuse. The types of abuse that emerged included economic abuse, threatening and intimidating behaviour, using the children to get to her or to hurt her and humiliation. While the first three types of abuse coincided with the types of abuse that emerged from Sev'er's (1997) model, humiliation was a type of abuse experienced by two participants indicating that humiliation could also be used as a means of maintaining control over an ex-partner. It should be noted that two of the participants had mentioned their husbands were physically abusive towards them but, during the separation period, the abuse shifted from physical violence to threats, economic abuse and using the children which suggests that the abuse does change once separated, however future research should be conducted to look at why the abuse changes.

In terms of the experiences of separation abuse, all four women mentioned their children as well which indicated that the women did not experience the abuse, both within the relationship and during the separation period, alone. Each participant mentioned how either the abuse or separation abuse affected their children which suggests that children are not distanced from the abusive situations, regardless of whether their parents try to keep them out of it. This information should be used to consider how children's experiences can be understood and addressed to prevent any future negative consequences for children who come from abusive households.

Two of the participants who mentioned that they feared for their lives during their relationships also applied for protection orders during the separation period, despite the challenges that arose from applying for protection orders. Both women had negative experiences due to systemic interactions when applying for protection orders which almost resulted in one participant giving up on the process. Thus, it could be beneficial to explore how to make it easier and less traumatic for survivors of separation abuse to apply for protection orders.

Despite the abuse the participants experienced during their relationships, their ex-partners drinking habits and substance use resulted in marital dissatisfaction for three of the participants and seemed to be a contributing factor to the subsequent separation. Thus, although abuse during the relationship could be seen as reason enough for leaving the relationship, this theme seemed to indicate that the decision to leave may be an accumulation of experiences and happenings within the relationship, rather than simply leaving due to the abuse experienced.

Lastly, despite the abuse experienced both during the relationship and during the separation period, each participant remained hopeful about their futures which indicated the resilience that existed within the participants. As mentioned previously, children are involved in the abusive experience and it seemed, whether consciously or sub-consciously, that the participants were aware of this as most mentioned wanting to become independent to care for their children as best as possible.

Overall, the findings show that abusive men continue their abuse once the relationships have ended through indirect methods of abuse such as threatening behaviour and withholding financial support. Due to the fact that he continues his abuse through verbal threats, humiliation, withholding financial support and interrogating his children, it is easy to

see why it may be a challenge to identify a situation as abusive. However, the findings in the research have shown that abuse can occur in varying forms which must be acknowledged to prevent separation abuse from escalating with lethal consequences.

6.4. Overview of the Research Process

Within this research, a feminist framework was adopted to explore the lived experiences of female survivors of separation abuse. Data was collected from four participants through semi-structured interviews that lasted approximately 45 minutes to an hour and a half at the FAMSA offices in Makhanda, Eastern Cape. Participants were required to participate in screening interviews to ensure that they that did not reported or present with suicidal ideation or any symptoms of mental distress which would have excluded them from participating. Once the interviews were conducted, they were transcribed before being analysed.

Using an IPA approach to the analysis, five themes emerged with the intention of responding to the research aims set out at the start of this research process. IPA was selected as the research design as it attempts to understand the lived experiences of participant's (Smith & Osborn, 2003). Through a dual process of interpretation, the participant attempts to make sense of their world while the researcher attempts to interpret the meaning attached to the participant's experience (Pietkiewicz & Smith, 2014). Using Sev'er's (1997) adaptation of Pence and Paymar's (1993) PCW, the types of separation abuse were identified in relation to existing literature and the findings also revealed that humiliation can also be used as a tactic to maintain power and control during the separation period.

6.5. Limitations, Strengths and Recommendations for Future Research

In terms of the research conducted, the recruitment of participants was a significant challenge for multiple reasons. Firstly, due to the sensitivity of the research and working with a vulnerable population, I was not allowed to advertise the research which meant I was fully reliant on the staff at FAMSA to recruit participants. As the organization only has three staff members who see clients, this meant that not only were they overloaded with cases, but it also meant that their work took priority, which is completely understandable. However, it meant that the recruitment process took longer than initially anticipated.

Secondly, during the screening interviews, the FAMSA staff member that was assisting me had unexpectedly resigned which meant that the acting director had to take over his duties within the research project. This caused a significant delay in the data collection process as she needed to manage the organization, see clients, attend training sessions and assist me in contacting and recruiting participants.

In the end, we decided on four participants rather than the initial sample size of five to eight participants as the data collection process had taken far longer than initially anticipated. As I needed to complete this research project in a year, I was not able to continue with the data collection as it would not have left enough time to analyse the data and write up the findings. However, in saying that, the use of a small sample size is encouraged with IPA studies, and thus it did not negatively impact the findings (Smith et al., 2009).

Another limitation is that a significant amount research cited and discussed throughout this dissertation is quantitative which is unusual for a qualitative study. However, this is due to the disproportionality in quantitative to qualitative research that exists on the topic of separation abuse. The strength of this, however, is that it further highlights the necessity for more qualitative research to be conducted that specifically looks at the lived experience of separation abuse.

Furthermore, as this research was conducted using only four participants who reside in Makhanda, it cannot be generalised to the entire country. However, this dissertation can be used as the first step in identifying the types of separation abuse that exists and a similar research methodology can be used to conduct similar studies in other parts of the country to establish a pattern.

Another possible limitation, is that all the participants who agreed to participate, happened to be black working-class women. This means that the findings in this dissertation are specific to that demographic. However, future research could look at recruiting women from various socio-economic backgrounds to explore the differing experiences the women may have depending on the social class they come from.

A noteworthy strength to this study is that it may be the first study to explicitly look at both the types of separation abuse that exists in South Africa, but it also looked at the experiences of female survivors. Thus, the research produced in this dissertation can be used as a guide for future researches interested in exploring and understanding the manifestation of separation abuse within South African relationships.

Future research can and should take this a step further, possibilities for future research could expand the sample area to include women from various towns and provinces to establish if it occurs elsewhere. Future researchers can also investigate how women's experience differ depending on their socio-economic background as well as, in the cases where women have multiple abusive relationships, to explore how the separation abuse differs between partners. It may also be beneficial to look at this research topic from the male perspective, to attempt to understand why abusive men change their abusive tactics during the separation period.

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Appendices

Appendix A- Pence and Paymar's (1993) Power and Control Wheel



The Power and Control Wheel (Pence & Paymar, 1993).

Appendix B- Screening Interview

Screening Questionnaire

- | | Yes | No |
|---|------------|-----------|
| <p>1. What name would you like to be known by for the duration of this research?
 </p> | | |
| <p>2. Would you consider yourself to be female?</p> | | |
| <p>3. Would you consider yourself to be heterosexual?</p> | | |
| <p>4. Are you a survivor of Intimate Partner Violence (abuse)?</p> | | |
| <p>5. Are you a survivor of separation abuse (abuse after the relationship ended)?</p> | | |
| <p>6. Are you still living in the same house as your partner?</p> | | |
| <p>7. Have you received counselling anytime during or after your ordeal?</p> | | |
| <p>8. Have you ever had or are you currently having thoughts about suicide?</p> | | |
| <p>9. If yes, do you have a clear idea of when and how you would like to execute your plan?

 </p> | | |
| <p>10. Do you or have you ever experienced manic or psychotic symptoms such as</p> <ul style="list-style-type: none"> - hearing voices when no one is around - believing people are out to get you | | |

- not sleeping or getting minimal sleep for 2-3 days and feeling okay despite the lack of sleep
- unusually high self-esteem, rapid speech or sudden reckless behavior

11. Do you have access to a support system? If yes, have you told them about your experience and what was their response?

.....
.....
.....

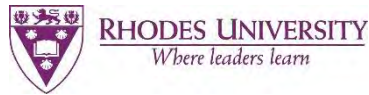
12. Do you feel that you would be at risk of harm if you participate in this research?

13. Will you be able to come to the FAMSA offices in Grahamstown to participate in the interview?

14. If no, please explain

.....

15. Do you have any questions or concerns about participating in the research?

Appendix C- Institutional Informed Consent (FAMSA)

Department of Psychology
Tel: 046 603 7212
Email: samjohnson3310@gmail.com
31 January 2019

Dear Acting director of FAMSA

FAMSA Grahamstown
Cobden Street
Grahamstown
6139

RE: Permission to conduct research at FAMSA

As per our verbal communication, please see the details of the research below. I am Samantha-Sue Johnson (under supervision of Duane Booysen in the Psychology Department), a postgraduate student completing my Master of Arts degree within the psychology department at Rhodes University. I am conducting research on the experiences of female survivors of separation abuse in South Africa. The aim of the research is to explore the lived experiences of women in Grahamstown who have lived through separation abuse, a relatively understudied aspect of Intimate Partner Violence.

The research will take place in the form of one-on-one semi structured interviews with individuals who have experienced separation abuse. The research will be conducted by myself as the researcher, or alternatively should the interview need to be conducted in isiXhosa, a translator will be appointed to assist the researcher with conducting the research.

The FAMSA office in Grahamstown was chosen as the location for this study because of the services you offer. As the research may be distressing for some participants, by conducting the research at FAMSA participants will have immediate access to a mental health professional should it be necessary.

Thus, the intention of this letter is to request permission from you to conduct the research at the FAMSA offices as well as to assist with participant recruitment, since you may have knowledge around potential participants. All participants' identities will remain confidential and all data collected will be kept in an encrypted folder ensuring the safety of all participants involved. Should you have any further questions regarding the research, please do not hesitate to contact me or my supervisor, Duane Booysen.

Thank you for your time and I hope you find it valuable to conduct the research at your premises.

Kind regards

Samantha Johnson
(research student)

Duane Booysen
(supervisor)

Appendix D- FAMSA Agreement

<p>RHODES UNIVERSITY DEPARTMENT OF PSYCHOLOGY</p> <p>AGREEMENT BETWEEN STUDENT RESEARCHER AND FAMSA GRAHAMSTOWN FOR RECRUITMENT AND DATA COLLECTION</p>
--

We (name of acting director) Sivlwe Kula and (name of volunteer social worker) Luyanda Nkonyeni agree to assist in the recruitment of participants and collection of data in the research project of Samantha-Sue Johnson on (Research title) Separation Assault in South African Heterosexual Relationships.

We understand that:

1. The researcher is a student conducting the research as part of the requirements for a ~~Master's degree~~ at Rhodes University. The researcher may be contacted on 0735406414 (cell phone) or samjohnson3110@gmail.com (email). The research project has been approved by the relevant ethics committee(s), and is under the supervision of Mr Duane Booysen in the Psychology Department at Rhodes University, who may be contacted on 046 603 8507 (office) or d.booysen@ru.ac.za (email).
2. Luyanda Nkonyeni (volunteer social worker) will primarily assist the researcher with the recruitment and data collection process while Sivlwe Kula (acting director) will provide the gatekeeper's permission as well as liaise with the board members informing them about the study.
3. The research will not be advertised in any public domain to avoid triggering potential participants. Rather, the participants will be recruited privately through the organisation (FAMSA).
4. 6-8 female participants, who have initiated the separation process, are needed for the research. As an organisation, we will need to assist the researcher in recruiting participants who meet the inclusion criteria.
 - a. The inclusion criteria:
 - i. Any adult female (above the age of 18) from any socio-economic background or ethnic group who has separated from her partner and who has experienced some form of separation abuse.
 - ii. The separation process needs to have been initiated by the female
 - iii. The female participant should be someone who has already received counselling from FAMSA and should not still be receiving counselling for the separation abuse.
5. As an organisation, we will need to assist in conducting a screening interview to eliminate participants who meet the exclusion criteria.
 - a. The exclusion criteria:

1. anyone that may report or present with suicidal ideation, with a clear plan, or anyone reporting severe psychological distress symptoms due to Intimate Partner Violence.

6. The screening interviews as well as the actual research interviews will need to be conducted at FAMSAs on a day and at a time which suits both the organisation and participant.
7. The interviews will last between 60-90 minutes and a translator will be available for the participants who wish to be interviewed in isiXhosa.
 - a. Should the translator be unavailable, the volunteer social worker should translate during the interviews if the female participants agree to his presence in the interview room.
8. Participants will be given two consent forms, one to sign before participating in the research and one to sign after they have participated in the research to ensure that participants are happy for the researcher to use what was said during the interviews for her research.
9. Participants will be given an opportunity to choose a pseudonym by which they will be known for the duration of the research process to ensure anonymity.
10. Participants will be given a R45 stipend for transportation costs to travel to the FAMSAs offices where the research will take place. Participants will be given R22,50 for the screening interview and R22,50 for the actual interview.
11. Should any of the participants need to apply for an interdict against their ex-partner anytime during the research process, we will assist the participant in obtaining one.
12. The volunteer social worker will need to be available for counselling should any of the participants need counselling either during or after the interview has been conducted.
13. The data collected during the interviews will need to be stored for a minimum of five years which will be stored in a password protected file that will be accessible only by the researcher and supervisor.
14. All information disclosed by the participants will remain confidential and may not be discussed with anyone that has not been involved in the data collection process (i.e. only the acting director, volunteer social worker, researcher and research supervisor will have knowledge of what was said during the interviews).

Signed on (Date):

15/04/2019

Acting Director:

(Name): Siviso Fulo

Volunteer Social Worker:

(Name): Luyanda Nkomozi

Appendix E- Interview Schedule**Interview Schedule****Introduction:**

- Introduce yourself to the participant
- State the participants chosen name for the recording
- Engage in small-talk, try to make the participant comfortable before rushing in to the formal questions
- Remind participants that they can stop the interview at any time if they feel they are unable to continue
- Remind the participants that there are counselling services available if they feel they need to speak to someone

A) Relational Abuse:

1. How did you meet your partner?
2. How did the relationship change as it progressed?
3. How did his behaviour towards you make you feel?

B) Separation:

1. What made you decide to finally leave?
2. What was the general emotional state just before and after exiting the relationship?
3. a) Did you tell your partner you were going to leave?
b) How did he react when you told him/ when he found out you were leaving?

C) Separation Abuse:

1. Did anything change in your relationship with your partner after you left?
2. How would you describe your emotional state after the relationship had ended?
3. How would you describe his behaviour towards you after you left him?

4. Did it ever occur to you that the abuse was still present even though you were no longer in a relationship?
5. How did he hurt you, how did he abuse you?
6. Looking at the wheel, what forms of abuse would you say you experienced during your experience of separation abuse?
7. How did you feel when he started abusing you again?
8. a) Did you ever seek help when he started abusing you again?
b) Did anyone offer to help you or protect you from him after you left?

Closing:

- Thank participant for her time and answer any questions she may have about the study
- Remind her about counselling services if she needs to make use of them

Appendix F- Audio Permission Form

<p>USE OF TAPE RECORDINGS FOR RESEARCH PURPOSES</p> <p>—</p> <p>PERMISSION AND RELEASE FORM</p>

<i>Participant name</i>	
<i>Name of researcher & level of research (Honours/Masters/PhD)</i>	Samantha-Sue Johnson, Master's Research
<i>Brief title of project</i>	Separation Abuse in South African Heterosexual Relationships
<i>Supervisor</i>	Duane Booysen

Declaration		
<i>(Please initial/tick blocks next to the relevant statements)</i>		
1. <i>The nature of the research and the nature of my participation have been explained to me</i>	verbally	
	in writing	
2. <i>I agree to be interviewed and to allow tape-recordings to be made of the interviews</i>	audiotape	
	videotape	
3. <i>I agree to take part in and to allow tape-recordings to be made.</i>	audiotape	
	videotape	
4. <i>The tape recordings may be transcribed</i>	without conditions	
	only by the researcher	
	by one or more nominated third parties:	
5.1 <i>I have been informed by the researcher that the tape recordings will be erased once the study is complete and the report has been written.</i>		
5.2 <i>OR I give permission for the tape recordings to be retained after the study and for them to be utilised for the following purposes and under the following conditions:</i>		
- It is only to be used by the researcher and any other researchers that may assist her in future research.		
Signatures		
<i>Signature of participant</i>		

<i>Witnessed by researcher</i>		<i>Date</i>
--------------------------------	--	-------------

Appendix G- Ethical Clearance (Provisional Acceptance)

Human Ethics subcommittee
Rhodes University Ethical Standards Committee
PO Box 94, Grahamstown, 6140, South Africa
t: +27 (0) 46 603 8055
f: +27 (0) 46 603 8822
e: ethics-committee@ru.ac.za
www.ru.ac.za/research/research/ethics
NHREC Registration no. REC-241114-045

12 April 2019

Mr Duane Booysen

Email: d.booysen@ru.ac.za

Dear Mr Duane Booysen

Re: Separation Assault in South African Heterosexual Relationships, Separation Assault in South African Heterosexual Relationships ,
0258 , Apr ; 2019 Principal Investigator: Mr Duane Booysen

Collaborators: Sam Johnson, Miss Samantha-Sue Johnson , ,

This letter confirms that the above research proposal has been reviewed by the Rhodes University Ethical Standards Committee (RUESC) – Human Ethics (HE) sub- committee and **PROVISIONALLY APPROVED PENDING GATEKEEPER PERMISSION.**

Gatekeeper permission is required from:

Gatekeeper permission will be required from FAMSA

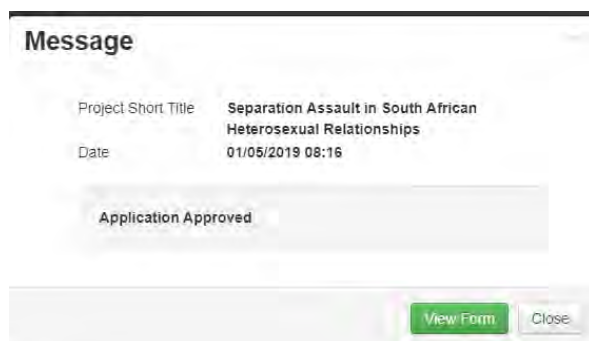
Once the Gatekeeper permission letter/s have been received please forward to the Ethics Coordinator, (ethics-committee@ru.ac.za) in order to finalise your ethics approval.

Sincerely

Prof Joanna Dames

Chair: Human Ethics sub-committee, RUESC- HE

Appendix G- Notification of Official Ethical Clearance



Appendix H- Consent Form (Before)

<p>RHODES UNIVERSITY</p> <p>DEPARTMENT OF PSYCHOLOGY</p> <p>AGREEMENT BETWEEN STUDENT RESEARCHER AND RESEARCH PARTICIPANT BEFORE PARTICIPATING IN RESEARCH</p>
--

I (participant's name) agree to participate in the research project of (Samantha-Sue Johnson) on (Separation Assault in South African Heterosexual Relationships).

I understand that:

1. The researcher is a student conducting the research as part of the requirements for a **Master's degree** at Rhodes University. The researcher may be contacted on 073 540 6414 (cell phone) or samjohnson3310@gmail.com (email). The research project has been approved by the relevant ethics committee(s), and is under the supervision of Mr Duane Booysen in the Psychology Department at Rhodes University, who may be contacted on 046 603 8507 (office) or d.booysen@ru.ac.za (email).
2. The researcher is interested in the lived experiences of participants who have experienced separation assault at the hands of their partners.
3. My participation will involve participating in a screening interview as well as being interviewed for a duration of 60-90 minutes to answer questions relating to my experience as a survivor of separation assault.
4. The researcher is unable to speak isiXhosa and therefore a translator will be appointed to translate the interview. Should the translator be unavailable for the chosen date and time of the interview I agree/ do not agree to Luyanda Nkonyeni translating the interview.
5. I may be asked to answer questions of a personal nature, but I can choose not to answer any questions about aspects of my life which I am not willing to disclose.
6. I am invited to voice to the researcher any concerns I have about my participation in the study, or consequences I may experience as a result of my participation, and to have these addressed to my satisfaction. *A counselling centre (FAMSA in Grahamstown) may be contacted for further support on 046 622 2580 (telephone).*
7. I will receive R24.00 to cover the cost of coming to the research site (FAMSA Office, Grahamstown) to participate in the screening interview and if I am chosen to participate in the research interview, I will receive an additional R24.00 for transportation costs involved in coming to the research site (FAMSA Office, Grahamstown).
8. I am free to withdraw from the study at any time if I have concerns about my participation which I did not originally anticipate.
9. The report on the project may contain information about my personal experiences, attitudes and behaviours, but that the report will be designed in such a way that it will not be possible to be identified by the general reader.

Signed on (Date):

Participant: _____

Researcher: _____

Appendix I- Consent Form (After)

<p>RHODES UNIVERSITY</p> <p>DEPARTMENT OF PSYCHOLOGY</p> <p>AGREEMENT BETWEEN STUDENT RESEARCHER AND RESEARCH PARTICIPANT AFTER PARTICIPATING IN RESEARCH</p>

I (participant's name) agreed to participate in the research project of (Samantha-Sue Johnson) on (Separation Assault in South African Heterosexual Relationships).

I understand that:

1. The researcher is a student conducting the research as part of the requirements for a **Master's** degree at Rhodes University. The researcher may be contacted on 0735406414 (cell phone) or samjohnson3310@gmail.com(email). The research project has been approved by the relevant ethics committee(s), and is under the supervision of Mr Duane Booysen in the Psychology Department at Rhodes University, who may be contacted on 046 603 8507 (office) or d.booyesen@ru.ac.za(email).
2. The researcher was interested in the lived experiences of participants who have experienced separation assault at the hands of their partners.
3. My participation involved participating in an initial screening interview as well as being interviewed for a duration of 60-90 minutes answering questions relating to my experience as a survivor of separation assault.
4. I was asked to answer questions of a personal nature, but I could choose not to answer questions about aspects of my life which I was not willing to disclose.
5. I was invited to voice to the researcher any concerns I had about my participation in the study, or consequences I may experience as a result of my participation, and to have these addressed to my satisfaction. *A counselling centre (FAMSA Grahamstown) may be contacted for further support on 046 622 2580 (telephone).*
6. I was given R24.00 to contribute towards the transportation costs involved in participating in the screening interview and R24.00 to contribute towards the transportations costs involved in participating in the research interview at the research site (FAMSA Offices, Grahamstown).
7. I am free to withdraw from the study at any time if I have concerns about my participation which I did not originally anticipate.
8. The report on the project may contain information about my personal experiences, attitudes and behaviours, but that the report will be designed in such a way that it will not be possible to be identified by the general reader.
9. I agree to allow the researcher to use the data collected during my interview for future research so long as it is only used by the researcher and any other researchers that may assist her in future research.

Signed on (Date):

Participant: _____

Researcher: _____

Appendix J.1- Translator Confidentiality Agreement (Zizipho Ludidi)

RHODES UNIVERSITY
Where leaders learn

CONFIDENTIALITY AGREEMENT:**Translation Services**

I, Zizipho Ludidi, (name of translator) agree to maintain full confidentiality in regards to any and all interviews conducted on behalf of **Samantha-Sue Johnson** (name of researcher) related to her study on

Separation Assault in South African Heterosexual Relationships

Furthermore, I agree:

1. To hold in strictest confidence the identification of any individual that may be inadvertently revealed during the interviews;
2. Not to make copies of any audiotapes recorded during the translated interviews or to record any of the interviews on my private devices, unless specifically requested to do so by **Samantha-Sue Johnson** (name of researcher).
3. To translate the participant's answers verbatim to the best of my ability and to clarify with the participant if I am unsure about what she is saying.
4. To immediately hand over any material accumulated during the interview to **Samantha-Sue Johnson** (name of researcher) once the interview is over.

I am aware that I can be held legally liable for any breach of this confidentiality agreement, and for any harm incurred by individuals if I disclose identifiable information contained in the audio recordings and/or files to which I will have access.

Translator's name (printed) Zizipho Ludidi

Translator's signature 

Date 21 June 2019

Appendix J.2- Translator Confidentiality Agreement (Zukiswa Gubevu)



RHODES UNIVERSITY
Where leaders learn

CONFIDENTIALITY AGREEMENT

Translation Services

I, Zukiswa Gubevu (name of translator) agree to maintain full confidentiality in regards to any and all interviews conducted on behalf of **Samantha-Sue Johnson** (name of researcher) related to her study on

Separation Assault in South African Heterosexual Relationships

Furthermore, I agree:

1. To hold in strictest confidence the identification of any individual that may be inadvertently revealed during the interviews;
2. Not to make copies of any audiotapes recorded during the translated interviews or to record any of the interviews on my private devices, unless specifically requested to do so by **Samantha-Sue Johnson** (name of researcher).
3. To translate the participant's answers verbatim to the best of my ability and to clarify with the participant if I am unsure about what she is saying.
4. To immediately hand over any material accumulated during the interview to **Samantha-Sue Johnson** (name of researcher) once the interview is over.

I am aware that I can be held legally liable for any breach of this confidentiality agreement, and for any harm incurred by individuals if I disclose identifiable information contained in the audio recordings and/or files to which I will have access.

Translator's name (printed) Zukiswa S. Gubevu

Translator's signature 

Date 14-06-2019

Appendix K- Transcriber Confidentiality Agreement (Andisiwe Barnabas)

RHODES UNIVERSITY
Where leaders learn

CONFIDENTIALITY AGREEMENT:**Transcription Services**

I, ANDISIWE BARNABAS, (name of transcriber) agree to maintain full confidentiality in regards to any and all audio recordings and documentation received from **Samantha-Sue Johnson** (name of researcher) related to her study on

Separation Assault in South African Heterosexual Relationships

Furthermore, I agree:

1. To hold in strictest confidence the identification of any individual that may be inadvertently revealed during the transcription of audio-taped interviews, or in any associated documents;
2. To not make copies of any audiotapes or computerized files of the transcribed interview texts, unless specifically requested to do so by **Samantha-Sue Johnson** (name of researcher).
3. To store all study-related audio recordings and materials in a safe, secure location as long as they are in my possession;
4. To return all audio recordings and study-related documents to **Samantha-Sue Johnson** (name of researcher) in a complete and timely manner.
5. To delete all electronic files containing study-related documents from my computer hard drive and any backup devices.

I am aware that I can be held legally liable for any breach of this confidentiality agreement, and for any harm incurred by individuals if I disclose identifiable information contained in the audio recordings and/or files to which I will have access.

Transcriber's name (printed) ANDISIWE BARNABAS

Transcriber's signature 

Date 04/07/19

Appendix L- Interview Transcript Example**Blossom Transcription:**

- 00:00 Sam: So, that's the name I'm going to refer to you as.
- 00:03.95 Blossom: Okay, Yes
- 00:04.31 Sam: So, um we've got Blossom here today. So, um can you tell me how did you meet your partner?
- 00:12.26 Blossom: Oh I met my partner when was it 2014. We knew each other but then we , he left, he left [REDACTED] then he came back in 2014.
- 00:28.4 Sam: To stay in?
- 00:29.56 Blossom: [REDACTED]
- 00:30.22 Sam: Oh Okay
- 00:30.75 Blossom: Yes so, now I met him at [REDACTED] and I asked him 'hey I know you, don't I know you?' and he said 'ja you do'. Ja, and then said 'I'm (man's name)' and I said 'ja I remember you from when we were still growing up'. So ja that's how I met him and then from then on we became friends and then from friends relationship and then we got married.
- 00:50.12 Sam: Oh okay, so what year did you get married?
- 00:52.62 Blossom: Hmm?
- 00:53.11 Sam: When did you get married?
- 00:54.06 Blossom: 2016

- 00.55.45 Sam: okay. And how did things change from before you were married to once you got married? Did anything change?
- 01.03.05 Blossom: Uh, yes. I noticed that not he didn't... he didn't how could I put it? He didn't uh, he didn't listen like he didn't want to fulfil my needs as much as we were when we were still in the relationship. Like he didn't put effort , ja he didn't put effort and then he started with the cheating, yes and I was running a business and then he would sleep with the people I'm doing business with, yes. Uh and then he started with the beatings and I would ask him about it and then he would get all angry. Ja, or if something small, I did something small he would snap it would be a big argument. So much that one of our neighbour had to intervene this one time.
- 01.48.77 Sam: So, what would the small thing be if you don't mind me asking?
- 01.51.90 Blossom: Eggs.
- 01.53.10 Sam: Eggs?
- 01.53.86 Blossom: It was eggs on the stove that I was, that I was making and then he said 'you're ready, you didn't make for me, why?'. So it was that and then it's blue/blew and said I was selfish, unfair ja.
- 02.06.68 Sam: How did that make you feel?
- 02.08.07: Blossom: It made me feel so, it lowered my esteem, ja. It lowered my esteem.
- 02.15.25 Sam: Ja, sjoe
- 02.17.66 Blossom: It's made me feel less appreciated as a woman in the relationship in the wife.

- 02.26.55 Sam: So how did things progress from there?
- 02.28.58 Blossom: From there, yoh, (in audible)... he continued with the same things. He would, and then he escalated to using substances which brought a huge void in the relationship. I'd have to, he would steal, he now started to steal from me. He would take my bank card and withdraw money. From my bank card and so much that I had to just divorce.
- 05.51.19 Sam: Hmm, did you
- 02.52.47 Blossom: Because it got so big that he stole, that I had to replace things worth five thousand rand.
- 02.57.21 Sam: Wow
- 02.58.17 Blossom: Yes
- 02.59.57 Sam: Did you ever have children together?
- 03.01.07 Blossom: Yes, the other one we had in 2016
- 03.04.95 Sam: Wow
- 03.05.30 Blossom: The first one we had 2016 and the second one we had, 2018
- 03.11.17 Sam: And how did things, did things change with the children, was there a shift in his...
- 03.16.81 Blossom: For a, a short, short time things changed and then it went back.
- 03.22.11 Sam: Changed in what way?
- 03.23.84 Blossom: He, he, he was within us, he started to respect me and my wishes. The abusiveness stopped, yes.

- 03.34.44 Sam: Did he ever abuse you while you were pregnant?
- 03.36.62 Blossom: No, I think he was scared of the, the outcomes of the pregnant woman
- 03.45.12 Sam: What, what outcomes?
- 03.47.86 Blossom: 'cos then , I, we, I told him well we heard that if you actually abuse a pregnant woman, you.. it's, you go, you, you get punished for the baby that's unborn, the unborn baby and the mother.
- 04.02.95 Sam: So do you think that's what prevented him?
- 04.05.50 Blossom: Ja, I think it's just that... because even after, when was it? Last year? He, he did this like this and I said 'oh do you wanna hit me? You wanna hit me?' then he put it down.
- 04.17.84 Sam: How did that, how, was that response from him when you said, when you fought back in a way by saying to him 'oh do you wanna hit me?'. What was his response?
- 04.26.49 Blossom: He put down his hand and he just said *clicks tongue* and went out.
- 04.31.39 Sam: How did that make you feel?
- 04.33.33 Blossom: Give me power, (both women laugh)... Stand up for myself, yes.
- 04.37.30 Sam: And did you stand up for yourself again after that?
- 04.39.21 Blossom: Yes, I stood up for myself again after that.
- 04.42.73 Sam: And how did that change the dynamics of the relationship?

- 04.45.22 Blossom: Now, oh, he began to say that ‘now I’m hearing things from my friends’. Giving, he started to hate my friends, didn’t want me to be around friends and family, ‘cos now it felt like I, they were giving me advice you know? To just stand up for myself. So he no, he whenever a friend would come around he said *clicks tongue* ‘why is she coming? Who do you like this person, this person’. He tried to isolate me, ja from friends and family.
- 05.11.48 Sam: And how did that, how did that make you feel?
- 05.13.70 Blossom: Depressed. And it felt like I was being bullied and controlled. Whenever he was around I would just feel depressed and when he left I would good.
- 05.25.32 Sam: So, what made you finally. What was that, that turning moment of I need to leave?
- 05.32.48 Blossom: I just realised, well I’m a, I’m a Christian so then I realised there’s something better. I don’t need, I don’t need him to good ‘cos now I started to enjoy my, my, my, my Christianity. Ja, I started to realise that no, there are other things that make me feel good and make me feel worth something, I don’t actually need this guy, you know? And ja, just realising that years have been going on with the same thing happening so I said ‘no it cannot, from here now it’s the grave. (Sam: mmm). Mmm, from here now it’s going to be the grave and I said ‘no I cannot be doing the same thing, this guy doesn’t actually love me’. He would even get jealous of me getting a job, or if I said I wanted to go back to school he would make means for me to not go. Maybe use money, you see? Said no this guy is not the one.

- 06.27.61 Sam: Sjoe, so you just decided...
- 06.29.31 Blossom: I just realising that this has been going on for five years, I cannot... there is nothing better that's gonna come out of this relationship, he's not gonna change.
- 06.37.87 Sam: Mmm, did he ever say to you 'I'm sorry, I'm going to change?'
- 06.40.97 Blossom: Mmm, and then he doesn't. He does that for maybe two days and then It's back too...
- 06.47.74 Sam: Ja, so it was always things like eggs and small things?
- 06.50.96 Blossom: Small things, like eggs, and ja 'cos mostly I don't... I've never been caught with another guy, don't drink, so I don't give him problems, you see? So, it was, it was the small things like he would say that he, we were staying at my mothers house and he would say that 'yhu, you are so selfish, because you are staying at your mothers house you treat me like this'. When as, it's not that. He would accuse me of things I don't know of.
- 07.14.37 Sam: Like what?
- 07.15.12 Blossom: Like I mistreat him, I'm a bad person 'cos we at my mothers house I'm bullying him, 'cos I have income and he doesn't I think I'm better I'm not better.
- 07.25.93 Sam: So did he ever say these things to other people about you?
- 07.29.96 Blossom: No, but what I noticed is that whenever people were saying bad things about me, he would entertain it. And then he wouldn't tell me but when we were having an argument it would come up that you, you so and so said

this about you, oh they were right, so then... I realised, I realised that this guy is my opposition basically, he's not with me.

07.50.82 Sam: So what made you fall in love with him?

07.53.47 Blossom: He wasn't like this, he wasn't. He wasn't like this, he was a great guy he would from work come back then wake me up with surprises you know? He would want us to go spend time together, go out you know do, share things. You know? Ja, it was like that.

08.12.31 Sam: And then when did it change?

08.14.42 Blossom: Mmm, it changed in 2015, then we moved to [REDACTED]

08.18.72 Sam: Ah kay, so there was, it was, do you think it was the move or was there anything specific that triggered it or... was he working when you went...

08.28.72 Blossom: He wasn't (Sam: to Jo'burg) he wasn't working, he wasn't but I still had income 'cos I do, I run a business. I was running a business back then, you see. Ja, and then I, I, I, I used to drink and then I stopped then so when I stopped drinking things changed. We weren't doing the same things together, he would go out on his own.

08.46.51 Sam: oh, (Blossom: Mmm) So that was what connected you?

08.49.82 Blossom: Ja, it's one of the things that connected us.

08.52.29 Sam: What else?

08.53.99 Blossom: I mean we, we, we loved spending time together 'cos we used to be good friends you see so ja, we loved spending time together. Ja, it was another thing connecting us. We loved doing, like watching, like doing the same

things, we enjoyed watching the same things, ja. So you felt comfortable in my space and I felt comfortable in his space, ja.

09.19.81 Sam: So, when you left did you tell him you were leaving?

09.25.37 Blossom: I told him, and he would fight me.

09.29.21 Sam: What would he do?

09.30.47 Blossom: He would say 'that's not going to happen' and then promised to change.

09.36.15 Sam: So how many times did you try to leave?

09.38.29 Blossom: Sjoe, since last year, since last year then finally this year January we separated.

09.47.98 Sam: And what was his response when you finally left?

09.50.41 Blossom: Because I left when he wasn't in the house. I left when he had gone to his moms house in Uitenhage, ja. I left when he'd gone to his mom's house in [REDACTED] and then he came back and I wasn't there. He tried phoning me asking me where I am staying, he asked people around where I'm staying.

10.05.92 Sam: And did he manage to find you?

10.07.08 Blossom: Yes,

10.09.02 Sam: What happened?

10.09.36 Blossom: He tried to beg me but I had people around me so there was nothing he could do. I'm still staying in that house even now.

10.15.53 Sam: And he knows that you live there?

- 10.16.99 Blossom: Ja, and I , I was advised by (inaudible) to do a protection order...
- 10.23.33 Sam: Luyanda?
- 10.24.33 Blossom: No, it was these other guys, from... they work with them something centre... they run a safe house, so they were advising me to do a protection order.
- 10.34.13 Sam: And did you do one?
- 10.35.64 Blossom: I did one.
- 10.37.17 Sam: So how was that process for you of obtaining, you wanna take me through the steps of, of, from when you decided to do one to when you actually managed to get the protection order. How was it?
- 10.47.01 Blossom: It was very traumatic for my kids.
- 10.49.36 Sam: Why
- 10.50.89 Blossom: 'Cos he would sometimes, sometimes he would stand somewhere on the street and, and watch me. He knows that I collect the older one from creche and then he would come cause drama, you see?
- 11.02.56 Sam: Drama like what?
- 11.03.67 Blossom: He would, for instance, pull him away from me and tell him to come get him. You know, things that he put my kids through ja its that.. ah I don't wanna cry
- 11.15.81 Sam: It's fine, if you want to cry you're more than welcome to.

- 11.21.91 Blossom: Ja he would do things like that. He would um, pull me, take my kid and then tell me to come get him. I felt most of the times that he was using his power, taking advantage of my power you see compared to his, he would do that with the kids. Up until I got the protection order and for my kids not staying together anymore you see...he would... the, the older, the boy would be asking 'when is he coming, when are we going to stay with my dad'. Having to explain that , but I, I just had to , I just had to do that.
- 12.01.92 Sam: So the oldest is, how old is he?
- 12.04.15 Blossom: He's three.
- 12.04.95 Sam: So what did you say to him?
- 12.07.00 Blossom: I said no we, you gonna stay with mommy now, you'll see your father now and then but you gonna stay with mommy and sometimes you gonna stay with daddy.
- 12.15.98 Sam: How does that make you feel, having to explain that to your child?
- 12.18.66 Blossom: it's, it's so heart breaking, it's so heart breaking and the way he just gets excited when he sees him 'cos he's a child and in my heart I'm like eish you don't know, you don't know anything. If you knew that ke, that's the hardest part. That's the hardest part. It breaks my heart. 'Cos when he sees his father, he sees a father, ja.
- 12.42.52 Sam: Must be difficult for you to separate the man that you know him as and their father.

- 12.47.24 Blossom: Yes, yes...yes...yes...yes...And sometimes he would, he would just like to punish me, just to get to me he would just dismiss the child sometimes, you see?
- 13.03.84 Sam: What would he do?
- 13.05.63 Blossom: he would just say 'hayi, hayi, hayi' but the child is coming to him he would just say 'no,no,no,no,no'. Just to, to to get to me but he doesn't realise that its actually affecting the child, yebo? And the child would just look at me awkwardly, ah, yeah its that. Ja, it would be things like that but ke, now I'm just it, it was like that then but now I am at a good place. Without him. I'm at a good place without him with my kids, you see? And I can, I can , I can be able to do product-, I can be productive in my life. Whereas when he was around I couldn't be productive. The money I would just see there it would just vanish you know? Ja.
- 14.02.62 Sam: So, with the protection order, um, how did you go about doing it?
- 14.10.26 Blossom: Uh, I had to go to a safe house.
- 14.14.00 Sam: Here in [REDACTED]?
- 14.14.92 Blossom: Here in [REDACTED]. Then the ladies, what's that centre... okay, it's I forgot the name, then I have to go to a safe house and the, the police officers and the house mother were assisting me with it so they took me to court to, I stayed the weekend 'cos I couldn't do anything the weekend. So Monday we went and did the, the officer came and fetch me with house mother and then we went and did the protection order and I had some stuff that

I left there so I had, they had to take me to fetch my kids, my other kids stuff, mmm with the police.

14.51.71 Sam: So you had to be there to give the protection order?

14.55.02 Blossom: Yes, we'd went to court

14.57.16 Sam: How was that?

14.59.67 Blossom: Eish, it was it was a very, it was very, it wasn't nice. It was new, you know and it was a, it was a realisation that this is real... this is real. But ke it helped because he, he, it was a warning to him that he mustn't come near me, he mustn't hit me, you know, ja. It was a very bad, a very bad relationship. He would, when I, he would come back home drunk. Eish this one time it was three am in the morning he came back home drunk, he broke things he woke up the children he would bang, he was banging on things, you know he was just going crazy. It was just a cold relationship. Yes... but ke, now I'm just glad that, like I said I'm at a happy place in my life. He was just doing things to, to he, he made, he did things that made me look, made me feel down. He took a part of my self esteem 'cos he, he would, he would sleep with people I was doing business with... my mom had flats that he was renting out to students, he would go sleep with those students you see *laughs*. He would, ja, and so this twice he brought a girl inside the house.

16.37.06 Sam: And how was that for you?

16.38.33 Blossom: Yoh, ai ke, that was a big disappointment. It was a big disappointment. And he would, he, the other one he left with for the whole weekend.

- 16.52.97 Sam: Why do you think he would do that?
- 16.57.73 Blossom: I couldn't understand, I just really couldn't understand why he would do that. Maybe he didn't, well he didn't respect me, was my, my first answer to myself. That he didn't respect me and that you know the questions of you're not good enough for him or you see, ja. He didn't, I felt like he didn't respect me and he didn't really want me and he didn't really want the children. He had it, 'cos it means, I saw him as a person that hadn't settled. You know we, we were in a marriage but he wasn't settled. So that, that's not a marriage.
- 17.43.09 Sam: So what is a marriage for you?
- 17.44.87 Blossom: A marriage for me is settling down, when I mean, when I say settling down you, you, you respect your wife and you as a wife you respect our husband. You treat each other in a way that is appropriate. You see, we respect each other, he doesn't hit me, he doesn't see me as something that he can hit to express himself. Ja, I don't see myself as an object that I can hit but just to express my anger or feelings. That's a marriage. And a marriage its like, it's a, a binding therefore you must build each other you see, you must build each other. You shouldn't diminish the other person. 'cos a he was abusing me physically and emotionally when I analyse it now because he made, he wanted me to feel and believe I'm not good enough. Not good enough to go back to school, not good enough to, to go out and work you see.
- 18.41.75 Sam: Did you ever believe him?
- 18.43.74 Blossom: no, I, it would just be me being lazy otherwise I didn't believe him.

- 18.53.27 Sam: So when you separated, before the protection order, what would he do to you? You were no longer living together so you mentioned the child about how he would come and (Blossom: Yes). So what else would he do?
- 19.07.13 Blossom: He would send me texts that even if I find another man I will never be happy and if he finds that man he will do something to him. He will tarnish everything that I do 'cos no man is gonna raise his kids. He, he would make it about the kids. Ja and then if I, or he would just ask a child, send a child to my house to come call me and say that someone else, when I would go out its him. Then we fight on the street, he, he would pull me to come and listen to him away from my house and others. He would drag me to another place. It was bad. It was bad.
- 19.57.39 Sam: So how long did that go on for?
- 20.01.17 Blossom: ay, it went January, January I left, January February. It's, it happened for weeks, it happened for weeks 'til I got the protection order.
- 20.14.46 Sam: And he, he stuck to the protection order? He hasn't done anything?
- 20.18.13 Blossom: mhm-hm (no). 'Cos even my family intervened.
- 20.22.33 Sam: So did you tell your family the first time it happened?
- 20.26.72 Blossom: *Laughs* Didn't want, I thought he, he would change, I didn't want to, I didn't want them to have a bad eye towards him.
- 20.33.52 Sam: So what happened?
- 20.35.39 Blossom: I, I just believed it when he said he would change and just, I gave him the benefit of the doubt and I thought that I could change him. I hoped that

no maybe he needs help I could give him the help. But ke I was wrong. He doesn't wanna change. It, it has to be him that wants to change. So I realised ja, so that's what happened.

21.08.17 Sam: So how is he as a father to the kids?

21.11.73 Blossom: Now what's happening is that he is trying to use that to get to me. He's being all good, you know he's just being all good even this morning, this morning he bought stuff, he bought stuff to the house so he's just trying to smooth me over with the kids. Sometimes he offers to take them to school. But I know that it's just an act to get to me.

21.37.83 Sam: So you don't think he's being genuine?

21.40.78 Blossom: No, I, no, no. Because I I've lived with that guy for a long time I know, I know him, I know his tricks. He's doing the same things that he did when I was staying with him.

21.55.47 Sam: So are you divorced or you separated?

21.57.68 Blossom: We're separated. We are, we are in proceedings for a divorce.

22.05.75 Sam: Do you think he's gonna make that difficult for you?

22.08.84 Blossom: *Laughs* I think he's gonna make it difficult for me.

22.12.72 Sam: Why do you say that?

22.14.53 Blossom: Because the way he's just clinging like the whole thing he does just, he's a psycho. The whole thing of going to stand by my house and watching or sending a child to come and, and and call me and saying it's someone else, it's hayi. Even my, my cousin is saying hey this guy is gonna be a problem.

- 22.37.00 Sam: A problem in what sense?
- 22.38.61 Blossom: He's gonna be a problem, 'cos he's gonna uh, he's gonna give me difficulty during the divorce.
- 22.44.00 Sam: Is that, does that worry you?
- 22.47.16 Blossom: It, no, not really, 'cos I know it, it's gonna finally happen... with the law, like the protection order he's very abusive he but with the protection order he stepped, he toed down. So it's gonna, it's gonna need for me to, to, to have a third party intervening all the way from beginning because its not something that's just gonna be me and him and the lawyer, it's not gonna be like that. My, my aunt was saying that there, they will go speak to, there must be a meeting because of what is happening and the whole thing of him not wanting me to leave the house. Ja...
- 23.45.35 Sam: And in terms of maintenance have you, do you have any kind of agreement in terms of looking after the kids?
- 23.53.68 Blossom: Not written. Well he doesn't have a job.
- 23.59.39 Sam: Okay
- 24.00.58 Blossom: Yes, we've spoke as a, we sat like this you see? His side and my side and then we spoke that this is how it's going to happen that he can see the kids such and such a time a day and bring, he must bring them back... he must bring him back. Ja it's like that. For instance on weekends, ja he come fetch them Saturday's and then bring, bring at about five bring him back.
- 24.32.71 Sam: So he sticks with all the agreements?

- 24.34.52 Blossom: Ja, because you see my aunts they, people are very angry about what he did and they they heard it from my friends that no this has been going on for a very long time and they really appreciated them they thought he was this good guy. Ja...
- 24.50.11 Sam: How did that make you feel the, that everyone thought he was such a good person but you knew the truth?
- 24.56.59 Blossom: Sometimes it made me angry inside 'cos I would have fought with him then the same day we meet with my, with my friends and other people and they like 'ey you such a good guy' and I'm like no he's not. You know? No he is not. And even when something happens he'd say I did this and they would say 'haibo, why would you do that to him?' (inaudible) Yoh! You see? Like my family is like 'how could you do that to him, so and so' meanwhile it's him that did that thing and still I would protect him.
- 25.31.56 Sam: Why do you think you protected him?
- 25.33.31 Blossom: Because I believed that he would change... I wanted him to change, I believed that he would change... and I didn't want that whole, the gap. If I told them how he was there'd be a gap they wouldn't want him meanwhile I still want him *laughs* I still wanted to be in the relationship. I'd be pressured to leave. But ke finally it was it, it was a decision that came from me to leave. From seeing that nothing is going to happen. Nothing's going to change... Ja, so ja that's that. Now we in a separation.
- 26.25.01 Sam: And you happier?

- 26.26.79 Blossom: I'm happy, happier. Very, very happy I don't wanna lie. You know, I feel like things are gonna start to happen. I feel at peace, you know? Ja and in control of my life. Ja...
- 26.45.72 Sam: So how did you, so you say now you feel in control of your life.
(Blossom: Yes). So how did you feel when you were together?
- 26.52.32 Blossom: Yoh I, I was in a panic that things aren't going right. Yoh, next year where will we be? It was like that, pressure. Pressure, you know ja I was under pressure, I'm the only one that's working he would in and out of jobs. He was so irresponsible, in and out of jobs so I was so under pressure that yoh I, there's nothing tangible that I am doing. Yoh, with my needs so there was no productivity, the year would go by there would be nothing to show for it you see? So I was just under pressure even for the kids, my kids these children are growing where, where are they gonna be? How is there life going to be, ja. So it was like that. But now, ja like I said I feel in control but I don't want another relationship as of yet. Don't want another relationship. Just wanna pick myself up.
- 28.10.33 Sam: So were you ever fearful for your life after the separation, before the protection order? (Blossom: Yes) Were you did he ever make...
- 28.17.55 Blossom: I went to a safe house, I told you
- 28.18.75 Sam: Ja, you said to me so why did you go to the safe house?
- 28.22.15 Blossom: Because where, the house I'm staying in now he would enter there or go to the room I'm sleeping in and just bang bang bang. He would do things like that. Or he would threaten me.

- 28.35.76 Sam: What would he do?
- 28.37.09 Blossom: He would come with a knife. This one time he brought a knife and said I, I, I, looked at the window he said 'you see this, you better watch when you walk around the streets you better watch. Up until you come back otherwise you better watch'. He even said, yoh he's very rude. He said 'when you go straight you look, you better pray you have eyes at the back and on the sides'.
- 29.05.81 Sam: And how did that make you feel?
- 29.07.57 Blossom: I was scared, 'cos I know him. I know him.
- 29.11.00 Sam: Do you think he would do it?
- 29.12.43 Blossom: Mhm, specially that time because he was even smoking stuff.
- 29.17.10 Sam: What was he smoking?
- 29.17.94 Blossom: He was smoking it started with weed and then it was this cocaine so that's what (inaudible), I cannot do this.
- 29.29.08 Sam: So when did you finally decide okay I need to go to the safe house?
- 29.33.11 Blossom: After that. It was on a Friday.
- 29.36.82 Sam: So the Friday you went to the safe house?
- 29.38.90 Blossom: It was on the Friday, Saturday morning and then I went and reported it and they recommended a safe house so I went to stay at the safe house.
- 29.47.89 Sam: Did they arrest him when you reported it?

- 29.50.63 Blossom: They couldn't find him. Hey, they couldn't find him. They couldn't find him. And then I, he went to his mother's in [REDACTED] He went to his mother's in [REDACTED] but not because of this, he went and then he came back and then ja that's when I went to fetch my stuff I stayed at the safe house over the weekend, ja.
- 30.15.50 Sam: And how was that experience?
- 30.17.78 Blossom: It wasn't nice to know that I'm in this house coz of bad reasons, you know? It, it said a lot about my life. It said a lot about what was, what I was doing to my kids you know? ja, it, it wasn't a nice experience. They tried, even then they tried to be friendly but you know my mind it wasn't, I wasn't in a good place even being in the safe house was for me like my life has come to this now? I have to be in a safe house, it's that bad. Ja, things in my life are that bad, I definitely have to change, change it for my, if it's not for my sake for my children. Because I imagine if they were big and I had to explain oh now you're in a safe house so they would feel so mom couldn't protect us we had to belong in a safe house.
- 31.18.37 Sam: So do you think you, got out at the right time?
- 31.21.16 Blossom: I got out at the right time before it was too late.
- 31.26.16 Sam: So would you ever tell your children what happened?
- 31.28.98 Blossom: No
- 31.30.29 Sam: And if they start asking questions?

- 31.34.66 Blossom: I was thinking about that, I actually I'm debating as whether or not I should tell them. If I tell them what do they think of their father? If I tell them they know and will they be objective? Will they still know that we, we children in this, you know? So ja, because I was thinking my mother she never told me bad things about my father even though they separated and my father left but not a single day did she ever bad mouth or tell me somethings bad things that he did.
- 32.08.88 Sam: And are you glad she did that?
- 32.14.53 Blossom: Not really, I admire the person that she was but I, again I ask myself. Ja, I just admire the person that she was 'cos now I do have questions that I wonder what happened? And my mother is no longer alive, both of them they not alive. I still ask myself I wonder what happened eish, but ke I'll never know. So I, I do think I'm gonna tell him but not for, not for him to make a decision to not have a relationship with his father. It's tough. It's tough, when there's kids involved, it's tough.
- 32.59.66 Sam: So is he a good father to the kids now?
- 33.03.82 Blossom: Ja he is a good father to the kids.
- 33.06.20 Sam: So you, you think that....
- 33.07.97 Blossom: But I was thinking that maybe it's because he wants to get to me. (Sam: Ja, you said). Ja, so I don't even appreciate those things that he bought this morning because to me it's like he's trying to get to me.
- 33.18.72 Sam: What did he buy?

- 33.19.96 Blossom: He bought stuff for lunch and porridge and snacks. Kanti, this other time he bought nappies, last week he bought nappies. He never used to do that. We'd fight for that. (Both: Mhm). That's why I'm saying I think it's just to get to me which is also not nice because then he's not genuine to his children.
- 33.46.23 Sam: So the protection order means he's not allowed to come to your house (Blossom: Mhm). So how does he get the stuff to you?
- 33.53.50 Blossom: He, he eish ask people. We, we let him. The aunts they let him as long as he doesn't cause chaos. But the police, they don't know that. Ja, because we thinking of the kids you know?
- 34.10.85 Sam: Mhm, it's a difficult situation.
- 34.12.16 Blossom: It's a difficult situation.
- 34.17.63 Blossom: I was, now that I've got a job and stuff I picked up emotionally I'm in a good place. I've got hope to provide for my children even if he's not there. You see? Ja. I want to develop myself.
- 34.36.88 Sam: In what way?
- 34.38.92 Blossom: Education wise, financially.
- 34.41.72 Sam: What would you like to do education wise?
- 34.44.17 Blossom: I want to, well this in August I plan to go study [REDACTED] that's gonna allow me to go work at a bank. And where I, I'm currently working for [REDACTED] it will increase my salary and then ja I can apply at banks.
- 35.02.71 Sam: So how does that make you feel?

- 35.04.19 Blossom: Yoh, it makes me feel good. A manager told me that this morning you know, I should go, ja. So I just gonna save money in July and then I'm gonna go. End of July I'm gonna go. Ja.
- 35.20.63 Sam: So when I asked you in the beginning to give me a pseudonym, a name you chose Blossom. Why did you choose blossom?
- 35.28.80 Blossom: *Laughs* because I because I, I, I feel like it's a new beginning. It's a start of something great. Ja.
- 35.40.76 Sam: So that's your, it's your, you blossomed out of this.
- 35.43.80 Blossom: Ja.
- 35.44.54 Sam: I love it because I, there was other women that also gave names and your name stood out to me (Blossom: really) and I was like there's a reason for this. I was like I know she has a reason.
- 35.53.83 Blossom: Ja, ja, that's why it's something fresh. You know blossom you think of the garden, you think of something beautiful and fresh and natural. That's, that's how I'm seeing my life now. Ja.
- 36.08.95 Sam: it's a beautiful way to look at it. So what is your hope for now? For the future?
- 36.17.36 Blossom: My hope for the future is to be so independent and provide for my children and be at a happy place. Fulfil them and fulfil myself. Like I said develop myself through education, yes. So that I can give them a better, better opportunities. Like the one is still at a crèche in [REDACTED] but next year is gonna go to [REDACTED] ja I need money for that. Ja, that's my, so now I'm gonna go study

this thing and then it's gonna open because even at [REDACTED] they say they gonna increase my salary, if I go study that course, the [REDACTED]. So that's my hope. You see now I see things are happening for myself other than be stuck in a house with an abusive man who's just trying to keep me as a housewife. You know as a housewife, when I say I'm going somewhere he says 'who's gonna stay with the kids?' Ja.

37.23.78 Sam: So what got you through this whole thing? What motivated you?

37.28.39 Blossom: Well first of all it's God. Yes. And then it was, it was my kids. My kids they, they needed more, they needed better. I didn't grow, I grew up, I had a, had a, a nice childhood, why am I giving my kids this one? Even though I was raised by a single parent but I had a peaceful childhood.

37.57.36 Sam: So it wasn't, you weren't concerned with the fact that your kids would grow up without a mom and dad together? Was that a concern for you?

38.05.70 Blossom: It was a, it was another thing that made me stay in the marriage but then I, I realised that no they gonna grow up with a mom and dad... possibly without a mom, forever. Whereas now if we separate, the dad will be there the mom will be there. They can go, they can have a relationship and I remember, I remember a story my friend was going through in primary. Her parents were always at each other's throats so much that they divorced. No the mother passed away and I, where as in my house I was being raised by a single parent but I just, I was always at peace I was a happy child. So I said no this is possible for my children, I've got to choose now. You see?

38.51.44 Sam: So what did you mean by possibly without a mom?

- 38.54.04 Blossom: I meant, I would die. They would not have a mom, I would die.
- 38.59.64 Sam: Because of him?
- 39.00.29 Blossom: Yes.
- 39.02.92 Sam: It's a scary thing to think about.
- 39.04.25 Blossom: Yes because I, I, I noticed that he would do something then realise later that 'oh what have I done?' So I, I asked myself what's going to happen next that he'll realise later that what has he done? And it's, it's not nice to just even relive it. I'm realising now that this, I think I wanna speak about it now and then close the chapter 'cos really, really that whole thing is like all the emotions are coming back. The difficulty you know?
- 39.43.46 Sam: But at the same time if you think about the person you are now, do you not think it is because of what you went through?
- 39.50.24 Blossom: Hey actually, yes. Ja, actually yes you're right. Ja, 'cos I now want to push, push, push. Ja, you're right. Ja. Ja, it's a lesson, it's a lesson. It's a lesson.
- 40.25.31 Sam: But you are very strong (Blossom: Hmm?). You're a very strong woman.
- 40.28.61 Blossom: Mhm, I am.
- 40.31.66 Sam: That's good, it's good to know I am a strong woman.
- 40.34.31 Blossom: Yes, yes I am. Because I just had a mentality that if I, if I nurse myself, if I pity myself then I'm just gonna dig myself deeper into the hole. It's not gonna solve the situation. Ja, I don't, I don't even, I was telling my friends that I don't even like it when people pity, have pity but I understand

where they're coming from. But for me it's like eish you making me feel bad now, with the situation 'cos I don't want to have that feeling, I need to be positive. Ja it's not, the separation is not nice. Yoh, it's not nice. I don't wish it on anyone it's not nice. Yoh. Women must, you just you must be, you must be aware of everything before you marry a person. All the signals, you must be sure what, what you want in a marriage you must, I don't know even counselling, we didn't even go for marriage counselling. So ja we just bought into it but you must be sure.

41.45.67 Sam: How do you think you can be sure?

41.47.98 Blossom: Go speak to people who are married, socialise with people who are married. Don't go into something you don't know. Just go into the word marriage. Just socialise, go for counselling get to know what you getting in to. The compromises you gonna have to make for your partner. I think that was another mistake we made because if we knew, we would say 'maybe we not ready. Let's just take a step back'.

42.23.15 Sam: Did you ever feel before you got married that you weren't ready?

42.25.70 Blossom: Mhm, I did. I did but I, I thought no man I have children I might as well settle. Yoh and I'm getting older so why not? Ja.

42.51.61 Sam: Well thank you very, very much. (Blossom: Okay) I really enjoyed hearing your story (Blossom: Okay, thanks). And it's just the way that you tell it was very interesting because you are just like you know this happened to me, this is what I went through and this is who I am now. You know? And it is

obviously an emotional thing but you are, I've gone through this and this is who I am. So it's, it's interesting.

43.13.87 Blossom: Okay, thanks.

End

Appendix M- Master table of superordinate themes

Superordinate theme	Subordinate theme	Indicative quote
Control	His attempt to regain lost control/ His fear of vulnerability and losing control	<p style="text-align: center;">Blossom</p> <p>Now, oh, he began to say that ‘now I’m hearing things from my friends’. Giving, he started to hate my friends, didn’t want me to be around friends and family, ‘cos now it felt like I, they were giving me advice you know? To just stand up for myself.</p> <p style="text-align: center;">Lianka</p> <p>To Luyanda he said that he wants everything to be alright at home. He said he wants things to be good but he never conveyed the message to me. He never tried, even when I was at my aunt’s house to share this with me because even in isiXhosa culture, if your wife leaves her marital home, you gather the elders and go to her to apologise and try to reconcile. But he never even tried to perform such an action. So, I came to the conclusion that he’s doing fine without me.</p>
	Controlling behaviour	<p style="text-align: center;">Lianka</p> <p>He’s not okay. He times me. When I go out, maybe to visit my aunt, he will set a time for me to be back by.</p>
	Maintaining control in the household	<p style="text-align: center;">Lianka</p> <p>he’s changing also i-attitude, uyabonaaphaendlini [you see here at home], when he’s fighting, he was no more hiding ifights in front of the children, he would do this in front of the children.</p>
	Controlling everything the children did	<p style="text-align: center;">Lianka</p> <p>because he was so controlling, and the children were not free in their own home. They were not free in their own space. That was abusive.</p>

Drinking and substance abuse	Drinking changes his personality	<p style="text-align: center;">Nobuhle</p> <p>He wasn't a confrontational person, but once he starts drinking he says all that's on his mind like, "You live with someone in the house and then they go to court against you, it's as if I no longer have a wife." When he is drunk, he is brave enough to speak up</p>
	Drinking habits affecting the family	<p style="text-align: center;">Nobuhle</p> <p>It wasn't a problem at first because he controlled himself. He was able to provide for the household nicely. He had money to spoil himself, before we got married.</p> <p style="text-align: center;">Lianka</p> <p>can you please stop drinking during the week. Please do this during the weekend." Yabona[You see]? It's fights like that. And then even maybe ngeweekendngoku [during the weekend, now] when he's drinking, he would like to have money for drinking. And then asks this money kengoku [now] several time then you find out, ooh hhayi [no], it's a lot of money that you are spending during a weekend. You end up saying that, "Tata kabana [Someone's father], you have to now, at least just use for weekend some amount of money, not more than this." Yabo [You see]? We'll fight kengoku [now] I'm telling someone like that.</p> <p style="text-align: center;">Blossom</p> <p>It was a very bad, a very bad relationship. He would, when I, he would come back home drunk. Eish this one time it was three am in the morning he came back home drunk, he broke things he woke up the children he</p>

		would bang, he was banging on things, you know he was just going crazy.
	Drinking habits changing	<p style="text-align: center;">Nobuhle</p> <p>After they got married, that's when everything changed. The drinking problem. Because he started to drink like a heavy drinker now.</p> <p>[It escalated.]</p>
	The effects of his substance abuse on the family	<p style="text-align: center;">Blossom</p> <p>...and then he escalated to using substances which brought a huge void in the relationship. I'd have to, he would steal, he now started to steal from me. He would take my bank card and withdraw money. From my bank card and so much that I had to just divorce</p>
Types of abuse experienced during the relationship	Humiliation	<p style="text-align: center;">Nobuhle</p> <p>Sometimes I'd say to my husband, "I'm leaving work at such and such a time, can you please meet me halfway?" and you know with load shedding, by the time you knock off from work it's dark outside. So, I'd ask him to meet me halfway on such days and he would agree. But when I get to our meeting point, he's not there. When I get home, the gate is locked. Luckily I always have my keys with me. I unlock the gate and get to the house and I find that even the door is locked and the lights are on. I unlock and get in. I find him sitting on the couch cross legged watching TV. He would look at the time and ask where I was coming from at this hour. And I would say that I asked for you to meet me halfway, I just came from work</p> <p style="text-align: center;">Lianka</p> <p>Sometimes you find that you're at work and you get a call that your husband is asleep on the job. He's drunk and asleep at the municipality. Come pick him up. Do you see</p>

		<p>that kind of thing. So, you find that emotionally, you are struggling with this, you are not okay. You have to go and be ashamed. In front of everyone and you are ashamed because of his behaviour.</p> <p style="text-align: center;">Blossom</p> <p>Like he didn't put effort ,ja he didn't put effort and then he started with the cheating, yes and I was running a business and then he would sleep with the people I'm doing business with, yes.</p> <p style="text-align: center;">Amanda</p> <p>So, if people are asking</p> <p>"Why did you leave your house?" Then the response would be, "It's that woman." Everyone would ask then the response would be, "It's that woman. That woman is rude." There's nothing that he wouldn't say about me. He even told Bhut' Luyanda who was trying to fix things.</p>
	Isolation and abandonment	<p style="text-align: center;">Amanda</p> <p>A: NdihlelindedwangoDecember, ngekrimesikanye.</p> <p>Z: I was alone on Christmas Day.</p> <p>A: Wahambaumnyeniwam' nabantwanabakhe, wahlalanefamilyyakhe.</p> <p>Z: My husband left with the kids to be with his family.</p> <p>A: Akunakutya.</p> <p>Z: There was no food.</p> <p>A: Uyabonamosukutya, intozimandi. Like jelly net yonkelanto.</p> <p>Z: There was no nice Christmas stuff, jelly and...</p> <p>A: Waty' iKrimesinefamilyyakhe.</p>

		<p>Z: He went to spend Christmas with his family</p> <p style="text-align: center;">Blossom</p> <p>He tried to isolate me, ja from friends and family.</p> <p style="text-align: center;">Lianka</p> <p>[I don't know] what kind of a person he is, I don't know, he don't want me to mix, maybe, with other people. He don't want me to have friends but he do have friends. He go out and here outside</p>
	Economic abuse	<p style="text-align: center;">Blossom</p> <p>He would even get jealous of me getting a job, or if I said I wanted to go back to school he would make means for me to not go. Maybe use money, you see? Said no this guy is not the one.</p> <p style="text-align: center;">Lianka</p> <p>And then even maybe ngeweekendngoku [during the weekend, now] when he's drinking, he would like to have money for drinking. And then asks this money kengoku [now] several time then you find out, ooh hhayi [no], it's a lot of money that you are spending during a weekend.</p>
	Emotional/Verbal abuse	<p style="text-align: center;">Blossom</p> <p>You shouldn't diminish the other person. 'cos a he was abusing me physically and emotionally when I analyse it now because he made, he wanted me to feel and believe I'm not good enough. Not good enough to go back to school, not good enough to, to go out and work you see.</p> <p style="text-align: center;">Nobuhle</p>

		<p>Sometimes I would sleep in the child's bed. When he's drunk he would say, "Oh, what-what, you have boyfriends now, you're tired from sleeping with them." He would say those kinds of things.]</p> <p style="text-align: center;">Amanda</p> <p>A: Ebhalengam' izinto. Z: He would write things about me. A: Ezirude. Z: That are rude. A: Andikwazinozibiza. Z: I can't even tell them to you.</p> <p style="text-align: center;">Lianka</p> <p>Sothukakaloku. [He swore at me.]</p> <p>S: If you don't want to talk about it, it's fine. L: Ngobitchkaloku. Ngobitchnobani Sam kaloku, you know. [Words like bitch. Bitch etc.]</p>
	Physical abuse	<p style="text-align: center;">Blossom</p> <p>No, I think he was scared of the, the outcomes of the pregnant woman</p> <p>S: What, what outcomes?</p> <p>B: 'cos then , I, we, I told him well we heard that if you actually abuse a pregnant woman, you.. it's, you go, you, you get punished for the baby that's unborn, the unborn baby and the mother.</p> <p style="text-align: center;">Lianka</p> <p>And then throw me to the sitting room on the sofas and punch kengoku [then] me, with his</p>

		<p>fists and kick me. And then ngoku [now], it was going to be a Monday, I have to go to work on Monday. I was stressed because hey, kengoku [and then], because he was aiming at me only face. So, that is when I said uh-uh, I do this kengoku [and now] when he was hitting me, do this then he was hitting me at the back.</p>
	<p>Threatening and intimidating behaviour</p>	<p>Nobuhle</p> <p>[Not exactly but he sometimes liked to make me cry. He would scare me and I would scream but he never touched me.]</p> <p>Lianka</p> <p>Because when she's doing this to me, he's doing this to me, he will say people have to come out and then I will be alone in the house."</p>
	<p>Infidelity</p>	<p>Nobuhle</p> <p>I found that when he sees this young girl that he was with, the one who spent his money, that girlfriend of his, when they greet it's as if they are still lovers.</p> <p>Lianka</p> <p>Another thing, I hired a girl from [REDACTED] near [REDACTED] to help me with the child, they ended up having an affair. It's one of the things.</p> <p>Blossom</p> <p>He took a part of my self-esteem 'cos he, he would, he would sleep with people I was doing business with... my mom had flats that he was renting out to students, he would go sleep with those students you see *laughs*. He would, ja, and so this twice he brought a girl inside the house.</p>

		<p style="text-align: center;">Amanda</p> <p>A: And then, 2018...</p> <p>Z: And then, 2018...</p> <p>A: I think it's October or first week of November, naphindandabhaqaiphoneyakhe.</p> <p>Z: When I found his phone again.</p> <p>A: Kukhoiintombazane...</p> <p>Z: There was a girl...</p> <p>A: KuFacebook.</p> <p>Z: On Facebook.</p> <p>A: Encokolanayo.</p> <p>Z: They were talking.</p>
	<p>Minimizing, denying and blaming</p>	<p style="text-align: center;">Lianka</p> <p>[Now, about this minimise, denying and blame, he blames me for everything that goes wrong in the house. Any little, it's my fault it's broken. Even things that he should be doing as the man of the house, if something goes wrong, it's my fault. He's never, ever in the wrong. It's always my fault.]</p> <p style="text-align: center;">Amanda</p> <p>Z: They asked him what's going on.</p> <p>A: Nalaphoyabandimowrong.</p> <p>Z: Even then he painted me out as the problem.</p> <p>A: Maar kekodwaifamilyzangeim-believe.</p> <p>Z: But the family didn't believe him.</p>
	<p>Using the children to get to or to hurt her</p>	<p style="text-align: center;">Blossom</p> <p>he would just say 'hayi, hayi, hayi' but the child is coming to him he would just say 'no,no,no,no,no'. Just to, to to get to me but he doesn't realise that its actually affecting</p>

		the child, yebo? And the child would just look at me awkwardly, ah, yeah
Types of abuse experienced post-separation	Fearing for her life	<p style="text-align: center;">Lianka</p> <p>We don't know kengoku [now] when someone is talking like that, that what will he do to me. Maybe he will kill kengoku [now] because he don't want anyone in the house, except you and him.</p> <p>[You find that once you try to get yourself out and people are talking. I've concluded that people will always be talking, through the good and the bad. If I pay attention to people I'll end up going back there, to that abusive space. I'll end up dead, we see it all the time on TV, it happens every day, the husband has killed her.</p> <p style="text-align: center;">Blossom</p> <p>so I said 'no it cannot, from here now it's the grave. Mmm, from here now it's going to be the grave and I said 'no I cannot be doing the same thing,</p>
	Threatening and intimidating behaviour	<p style="text-align: center;">Blossom</p> <p>He would come with a knife. This one time he brought a knife and said I, I, I, looked at the window he said 'you see this, you better watch when you walk around the streets you better watch. Up until you come back otherwise you better watch'. He even said, yoh he's very rude. He said 'when you go straight you look, you better pray you have eyes at the back and on the sides'</p> <p style="text-align: center;">Lianka</p> <p>There is no more protection order anymore between us. I can do anything to you. When are you going back to your house." What-what. In front of abantuphaetown [in front of people there in town].</p>
	Stalking	<p style="text-align: center;">Blossom</p> <p>Cos he would sometimes, sometimes he would stand somewhere on the street and,</p>

		<p>and watch me. He knows that I collect the older one from creche and then he would come cause drama, you see?</p>
	<p>Using the children to get to or to hurt her</p>	<p style="text-align: center;">Blossom</p> <p>He would, for instance, pull him away from me and tell him to come get him. You know, things that he put my kids through jaitsthat.. ah I don't wanna cry</p> <p style="text-align: center;">Lianka</p> <p>I feel bad now because I'm wondering why he's acting like the children are not his. Now how does he think the children will feel when he does this?]</p> <p style="text-align: center;">Nobuhle</p> <p>Because sometimes he hustles from this child. He comes by when I'm not working, I mean, when I'm working. He comes by and the child is home.]</p> <p>He asks her, sometimes I wonder how his head works, is your mother's boyfriend good looking or ugly?]</p> <p>Z: Asking, talking about the boyfriend, is he looking good?</p> <p>S: Her daughter's asking?</p> <p>Z: No, the husband, the ex-husband.</p> <p>S: Oh, is asking the daughter about the boyfriend?</p> <p>Z: Yes.</p>

		<p>N: Uyakhonzaokanyeakakhonzi? [Does he go to church or not?]</p> <p>Z: Is he going to church?</p> <p>N: Unemotookanyeakanamoto? [Does he have a car or not?]</p> <p>Z: Does he have a car?</p>
	<p>Economic abuse</p>	<p style="text-align: center;">Lianka</p> <p>What he did, when we got separated, from the beginning he went to his work and said to his bosses that he's resigning. He's resigning. So, I didn't understand because he said he wants to take his money so that I don't get any money from him. You see, that kind of thing. You don't know how a person is thinking now about his children. When he wants to take out his money he knows that he's that type of person who can't manage money. He will spend it until he ends up coming to depend on me</p> <p style="text-align: center;">Nobuhle</p> <p>But the reason why I decided that I am divorcing him, I'm leaving this marriage was in November 2016, near month-end, around the 20-something, his money came in, his provident. He used to say when he came over to eat that he'd tell me when the money comes. And you know us women, once we see money, maybe we'd consider going back to the marriage. I'd be seeing the things this money help fix. But instead of telling me about that he's gotten the money, I saw people getting drunk on the street, at his house there was loud music, it was a party and I was lost, "What's going on here?" I</p>

		<p>really didn't understand what was going on, he also did some work [REDACTED], teaching kids the Marimba. So I thought maybe it was payment from that work, I'm just guessing. After he got his provident, he became scarce, and I didn't know why. He stopped coming by.]</p>
	<p>Humiliation</p>	<p style="text-align: center;">Nobuhle</p> <p>When he comes to the garage with his friends, there are so many garages in [REDACTED] and they chose to come to the garage that I work. "[REDACTED] fill up the car." And he will fill up the tank and they would drive around in it.]</p> <p style="text-align: center;">Amanda</p> <p>Z: He shouldn't be expecting that when he comes home, I welcome him in any particular way.</p> <p>A: Benoyaziukbaundenzentonina.</p> <p>Z: Because he knows what he did to me.</p> <p>A: Und'embarrass-ileefamiliniyakhe.</p> <p>Z: He embarrassed me in front of his family.</p> <p>A: Wathathaabantwanabami.</p> <p>Z: And he took my children.</p> <p>A: Wandishiyaendlini.</p> <p>Z: Then he left me at home.</p> <p>A: Ndabonwangabantu.</p> <p>Z: And other people saw me.</p>

Protection order	The process of obtaining a protection order	<p style="text-align: center;">Blossom</p> <p>I have to go to a safe house and the, the police officers and the house mother were assisting me with it so they took me to court to, I stayed the weekend 'cos I couldn't do anything the weekend. So Monday we went and did the, the officer came and fetch me with house mother and then we went and did the protection order and I had some stuff that I left there so I had, they had to take me to fetch my kids, my other kids stuff, mmm with the police.</p> <p style="text-align: center;">Lianka</p> <p>That protection order, it was not easy for me because I went to the police station and now they said if you want to serve this you have to be there, you who want this protection order, I have to be there together with the police and find this person to give, to serve this. So, many times we could not find him in the house. We could not find him in the house, as a result the police said one day we have to go and check him at work</p>
	The effects of obtaining a protection order	<p style="text-align: center;">Blossom</p> <p>It was very traumatic for my kids.</p> <p style="text-align: center;">Lianka</p>
	Implementing and sticking with a protection order when children are involved	<p style="text-align: center;">Blossom</p> <p>He bought stuff for lunch and porridge and snacks. Kanti, this other time he bought nappies, last week he bought nappies. He never used to do that. We'd fight for that. (Both: Mhm). That's why I'm saying I think it's just to get to me which is also not nice</p>

		<p>because then he's not genuine to his children.</p> <p>S: So the protection order means he's not allowed to come to your house (Blossom: Mhm). So how does he get the stuff to you?</p> <p>B: He, he eish ask people. We, we let him. The aunts they let him as long as he doesn't cause chaos. But the police, they don't know that. Ja, because we thinking of the kids you know?</p>
	<p>Deciding to apply for a protection order</p>	<p style="text-align: center;">Nobuhle</p> <p>[I decided that I want to get a protection order against him, he should stop this because he's confusing my child.]</p> <p style="text-align: center;">Lianka</p> <p>it was very difficult for me even to do this protection order thing because I also did the protection order for him because kaloku [now] I did not want for him to go near me and touch me, even when I'm going to town because it was difficult for me even to walk to the streets in town because when I am going to town I said I will know that he will find me there and then</p>
	<p>The challenges faced when applying for a protection order</p>	<p style="text-align: center;">Lianka</p> <p>Written Service Paper, I don't know. But there is a paper that the court supposed to get it from the police station before our date of protection order to the court. So, this paper when I went there inside the court, they called my name, I had to go to be there, he was not there this guy and then it was only me. And then they only said to me, "Where is this paper?" and then I said "Which paper?" Because mna I don't know what kind of paper I have to bring. Bathi [They say] this paper is not here, it was supposed to be here and then "Asinawuxoxanani [We can't talk/discuss with you] when this paper</p>

		<p>is not here.” I find out mna[me] because this man, they know he’s the messenger of the court, they did something that we could not go and proceed with this, yabo [you see]. They take that paper so that we cannot because bona kalokubayamazisisi, bayamazi, unefriendsmanje, icolleagueszakhe, ezipha [they know him, he has friends among them, these are his colleagues] so they are covering for, yabo [you see]</p>
<p>Children and abusive relationships</p>	<p>The effects of separation and divorce on the children</p>	<p style="text-align: center;">Nobuhle</p> <p>It’s no longer the same.]</p> <p style="text-align: center;">Lianka</p> <p>No, the children are okay. The children say they’re alright, at least the one who can speak, she says she’s fine. She says, “Without dad, we are okay, we’re happy.” We were afraid as soon as he entered the gate, thinking here comes trouble, what is he going to do now. The children haven’t asked to see him yet.]</p> <p style="text-align: center;">Amanda</p> <p>A: Umntanaukhulehlalanabazalibakhebobabini. Z: The child grew up with both his parents. A: Now, into aybona...aklandelelayona, uklandelela into yokubamakayok’tatha, then uphindeubuyenabazalibakhe. Z: The only reason he’s living with you is because he was trying fetch you so you can home, so he can be with both his parents.</p> <p style="text-align: center;">Blossom</p> <p>it’s, it’s so heart breaking, it’s so heart breaking and the way he just gets excited when he sees him ‘cos he’s a child and in my heart I’m like eish you don’t know, you</p>

		<p>don't know anything. If you knew that ke, that's the hardest part. That's the hardest part. It breaks my heart. 'Cos when he sees his father, he sees a father, ja.</p>
	<p>The effects of witnessing abuse as a child</p>	<p style="text-align: center;">Lianka</p> <p>You know the children, while he's hitting me, the eldest would jump in between us and say, "No dad. What you're doing is wrong. How can you hit mum? Why don't you talk to her, why hit her?" You see that kind of thing.]</p> <p>Yandi is worse. He is struggling because his speech is delayed. And he was starting to witness these fights and he would just come stand next to us. You can see that the child is fuming and wants to say something but he can't. He is yet to be able to talk. This has been very abusive to the children].</p>
	<p>Changes in the children</p>	<p style="text-align: center;">Lianka</p> <p>["Mum, we are living a good life at granny's house. We are really enjoying it and we are relaxed. That was not life mum, that we were living at home because we could not even visit our relatives. We were forced to stay at home, even during holidays. I can't even watch TV until late during holidays because dad would come and say, 'Turn off that TV, it's late, go sleep</p> <p style="text-align: center;">Amanda</p> <p>A: Wathiutitshala i-behaviour ka Likhonaayikho-right.</p> <p>Z: The teacher said the behaviour wasn't okay.</p> <p>A: uLikhonaakanaku-joke-wangabanyeabantwana, ough.</p> <p>Z: Likhona is now a rough person.</p>

		<p>A: XandimjongauLikhona, kuvulwaizkolo</p> <p style="text-align: center;">Nobuhle</p> <p>At the beginning she was not okay. I was called to the school once to find out what was going on, her marks were down. I didn't tell the teacher the whole story. I just explained that there are problems between her father and myself. And all these things happened in front of her. So she was...but she never failed, she always passed. But she's no longer on the same level that she was before,</p>
	<p>Concerned about the wellbeing of the children</p>	<p style="text-align: center;">Nobuhle</p> <p>And if I lose my job, how is my child going to get to school? What is the child going to eat? Because the last contribution my child got were those Christmas clothes. He hasn't put money aside for the child or anything, he's just ravaging through the money. I think if I heard correctly he got R170 000.]</p>
<p>Moving on</p>	<p>Living for the children</p>	<p style="text-align: center;">Lianka</p> <p>I'm just trying to be okay. I'm trying to be alright. I don't want to think back. I just want to be strong for my children. Because now that is what I've seen that I'm living for my children only now and nothing else.</p> <p style="text-align: center;">Blossom</p> <p>Like I said develop myself through education, yes. So that I can give them a better, better opportunities. Like the one is still at a crèche in [REDACTED] but next year is gonna go to [REDACTED] I need money for that. Ja, that's my, so now I'm gonna go study this thing and then it's gonna open...</p>

		<p style="text-align: center;">Amanda</p> <p>S: Do you want him to come home?</p> <p>A: For the sake of children.</p>
	Moving on	<p style="text-align: center;">Nobuhle</p> <p>[Yes. He said he came to see us and then he asked that we fix things. And I said, “Oh, no.”]</p> <p>[No, no, no. Worse still is that I have a boyfriend now</p>
	Fear of future relationships	<p style="text-align: center;">Nobuhle</p> <p>At least now things are looking up. And I’m also happy with where I am. What makes me laugh is that now my my boyfriend is trying to...I said, no. it’s too early. I just a left a messy situation.]</p> <p>Z: So this one also want to marry her. So this her thinking uh-uh, she needs to make sure that she’s fine, not to jump to this.</p> <p style="text-align: center;">Blossom</p> <p>But now, ja like I said I feel in control but I don’t want another relationship as of yet. Don’t want another relationship. Just wanna pick myself up.</p>
	Fear of the unknown	<p style="text-align: center;">Amanda</p> <p>A: But ndinoluyiko.</p> <p>Z: But I’m also afraid.</p> <p>A: Sineminyakanalobhuti inoyi20-nto years now.</p> <p>Z: We’ve been together about 20 something years now</p>
	Lianka	I have hope that things will be alright, may I not fall...I want to have a driver’s license

Hope for the future		because this man is always disturbing me every time I try. My mind is disturbed and I can't concentrate. Now, I need to focus on the things that are important to me because I need to have transport one day because my children are outside of [REDACTED]
	Amanda	<p>What do you want for the future?</p> <p>Z: Yintoniofunayoxaujongekamva, xaujongephambili? [What do you want when you look back and look forward?]</p> <p>A: Ngaphandlekwakhe?</p> <p>Z: Except for him?</p> <p>S: In general.</p> <p>A: Mandiz'philele.</p> <p>Z: I just want to live</p>
	Blossom	B: I was, now that I've got a job and stuff I picked up emotionally I'm in a good place. I've got hope to provide for my children even if he's not there. You see? Ja. I want to develop myself.